

## When Sitting Is Not Resting Sitting Volleyball

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mar 26 2025 sitting for long periods such as in front of the tv or at a desk seems to raise the risk of death from heart disease and cancer

jul 10 2025

jan 16 2026

nov 2 2024 this type of low blood pressure happens after sitting up or standing too quickly poor blood flow conditions such as cardiomyopathy heart attack irregular heartbeat and transient

leg pain can have many causes but your description of aching after prolonged standing or sitting suggests a possible buildup of fluid in the leg veins chronic venous disease venous insufficiency

mar 22 2025 this condition affects the tendon that connects the hamstring muscles to the sit bone in the hip it often causes pain with sitting and climbing stairs and is commonly seen in runners patellar

may 26 2022    orthostatic hypotension also called postural hypotension is a form of low blood pressure that happens when standing after sitting or lying down orthostatic hypotension can cause

aug 15 2023 back pain is a common problem that many people deal with every day exercise often helps to ease back pain and prevent further discomfort the following exercises stretch and

jan 20 2026 you can practice mindfulness sitting standing walking or lying down you can be mindful by focusing on any task you are doing or any emotion you are feeling as you go about your day

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