

Twitter Thread by [Dan Go](#)

[Dan Go](#)
[@FitFounder](#)



If you sit for more than 6 hours a day, read this:



Sitting for long periods can lead to:

- Poor posture
- Obesity & weight gain
- Neck, shoulder & low back pain
- Increased risk for depression + anxiety

and more...

Below are 6 exercises to do so you can start reversing the dangerous effects of sitting: