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## RRH Library Newsletter, May 2015

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### Recommended Citation

Libraries at Rochester Regional Health. (2015). RRH Library Newsletter, May 2015. *Werner Voice* Retrieved from <https://scholar.rochesterregional.org/rrhpubs/714>

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## Sedentary Lifestyle



A sedentary lifestyle is one that is characterized by a lack of physical activities such as exercising or walking. An example of such a lifestyle would be sitting at a computer all day at your place of work, driving your car home, and then spending most of your time at home sitting while watching television. A sedentary lifestyle is associated with an increased risk of mortality and morbidity, including obesity and certain diseases.

If you would like copies of any of these articles, or if you would like additional information on this or any topic, please contact any Werner Medical Library team member. Some articles are also available electronically by clicking on the links below.

- **Biswas A.** (2015). Sedentary time and its association with risk for disease incidence, mortality, and hospitalization in adults: A systematic review and meta-analysis. [\*Annals of Internal Medicine\*, 162\(2\), 123-132.](#)
- **Kim Y.** (2013). Association between various sedentary behaviours and all-cause, cardiovascular disease and cancer mortality: The multiethnic cohort study. [\*International Journal of Epidemiology\*, 42\(4\), 1040-1056.](#)
- **Koster A.** (2012). Association of sedentary time with mortality independent of moderate to vigorous physical activity. [\*PLoS ONE \[Electronic Resource\]\*, 7\(6\), e37696.](#)
- **Matthews CE.** (2014). Physical activity, sedentary behavior, and cause-specific mortality in black and white adults in the southern community cohort study. *American Journal of Epidemiology*, 180(4), 394-405.
- **Matthews CE.** (2012). Amount of time spent in sedentary behaviors and cause-specific mortality in US adults. [\*American Journal of Clinical Nutrition\*, 95\(2\), 437-445.](#)
- **Schmid D.** (2015). Associations of objectively assessed physical activity and sedentary time with all-cause mortality in US adults: The NHANES study. [\*PLoS ONE \[Electronic Resource\]\*, 10\(3\), e0119591.](#)
- **Seguin R.** (2014). Sedentary behavior and mortality in older women: The women's health initiative. [\*American Journal of Preventive Medicine\*, 46\(2\), 122-135.](#)
- **Warren TY.** (2010). Sedentary behaviors increase risk of cardiovascular disease mortality in men. [\*Medicine & Science in Sports & Exercise\*, 42\(5\), 879-885.](#)

## Werner Medical Library

How to contact us:

(585) 922-4743

[wellness@rochesterregional.org](mailto:wellness@rochesterregional.org)

Visit our website:

<http://wernerlibrary.org>

## Patient Education Information

922-WELL (922-9355)

<http://wernerlibrary.org/wellness>

## Library Hours

Mon - Fri 8:00 AM – 9:00 PM

Sat 8:30 AM – 5:00 PM

Sun 12:00 PM – 5:00 PM

## Library of the Year

The Werner Medical Library at Rochester General Hospital was named Academic/Special Library of the Year by the Rochester Regional Library Council (RRLC). Thanks for voting for us!

To read more about the winners and honorable mentions, visit the [RRLC website](#).



## Used Book Sale

Tues., May 19, 11AM – 3PM  
in the hospital main lobby

