

### **3-4-16 Are you sitting down?**

Research tells us that sitting down is bad for our health.

We already know about obesity and back pain. A recent study found that one sedentary hour a day increases our chance of developing diabetes by 20 percent. And the National Kidney Foundation says sitting increases our chance of developing kidney disease.

And there is another outcome that is harder to measure: all the important things that go undone because we are sitting.

Jesus was a great walker and a great believer in transformation. So it's no wonder that he invited people to walk with him – and when they did and we do – the results are immeasurable.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, on Elm Street overlooking Fisher Park, [fpcgreensboro.org](http://fpcgreensboro.org).