

### 3.2.3.2 The consequences of a sedentary lifestyle

Content	Additional information
The consequences of a sedentary lifestyle	<p>Definitions of sedentary and lifestyle.</p> <p>Possible consequences of a sedentary lifestyle:</p> <ul style="list-style-type: none"><li>• weight gain/obesity</li><li>• heart disease</li><li>• hypertension</li><li>• diabetes</li><li>• poor sleep</li><li>• poor self-esteem</li><li>• lethargy.</li></ul>