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## The Effect of Sedentary Lifestyle on Health: A Comprehensive Review

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### ABSTRACT

Sedentary behaviour, characterized by prolonged periods of sitting or low physical activity, has emerged as a significant public health concern. As technology advances and more individuals engage in desk-bound occupations, the prevalence of a sedentary lifestyle continues to rise. This review article delves into the effect of sedentary behaviour on various organ systems, its associated risk factors, the underlying pathogenesis, and treatment strategies. Special focus is placed on the role of healthcare professionals, particularly pharmacists, in addressing the adverse outcomes of a sedentary lifestyle through both pharmacological and non-pharmacological interventions.

**Keywords:** Lifestyle, Behaviour, Risk, Strategies, Pathogenesis.

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