

## Technology and the Praise of Idleness

**Cristiana Lucretia Pop**

Bucharest University of Economic Studies, Romania

The obesity etiology is complex, involving genetic, environmental, psycho-socio-cultural, neuro-endocrine and metabolic factors. The purpose of my presentation is to concentrate on the effect of technology such as the TVs and computer screens that shape our lives rhythm and bodies harmony. Technology doesn't just keep us seated in front of our desks or on sofas, but changes our eating habits, adding more weight than the lack of physical activity alone. For every 10 % increase in information communications technology investment as a share of gross capital formation, the obesity rate climbs 1.4 % on average. At the same time 1 percentage point increase in the number of physically active people can prevent a 0.2 percentage point rise in obesity. The cell phone use was negatively associated with cardio-respiratory fitness in a sample of college students, suggesting that cell phones use disrupt physical activity and encourages sedentary behaviour. Bending the head forward and down in a hunched position over a device for typing or gaming causes a higher pressure in the spine. This pressure increases with every degree of head flexing. A hunch posture compresses the internal organs restricting their function and making the body appear heavier. The cumulative effect of multiple sedentary behaviors reduces total daily energy expenditure, explaining the context in which the prevalence of childhood overweight and obesity has increased worldwide in recent decades and continue to rise in an alarming path. The ultimate risk of heavy technology use is that it diminishes empathy by limiting how much people engage with one another, even in the same family or the same room. The use of intelligent phones bright side, which stimulates the people interest for physical activities, can be recording their heart rate, step counts and energy expenditure, among other applications, demonstrating increases in physical activity and fitness level.

### Biography:

Dr. Cristiana Lucretia Pop is Professor at the Bucharest Economic Studies University, Physical Education and Health Department. Her research interests include: overweight and obesity risk assessment, well-being, quality of life, and promoting physical activity and a healthy lifestyle. She is member of Romanian Agency for Quality Assurance in Higher Education, member of Romanian Athletic Federation women commission and has research collaboration with Romanian Academy, Anthropological Institute Research Center. She is Senior Editor and Editorial Board Member of several reviews in education, health and sport sciences domain.