**Inactivity**

**And on the sixth day God finished his works which he had made;**

**and he rested on the seventh day**

**from all his works which he had made.**

***(Genesis 2:2)***

**Six days you shall work, but on the seventh day you shall rest;**

**even in plowing time and in harvest time you shall rest.**

***(Exodus 34:21)***

**In returning and rest you shall be saved.**

***(Isaiah 30:15)***

**Come to me, all who labor and are heavy laden,**

**and I will give you rest.**

***(St. Matthew 11:28)***

**About 28 percent of Americans were totally sedentary last year, failing to participate in even one physical activity, such as running, lifting weights, yoga, bowling, or even stretching, a new survey found. The Physical Activity Council said that roughly 83 million Americans ages and over did nothing at all to maintain fitness -- an increase of 18 percent over 2007. *(The Wall Street Journal, as it appeared in The Week magazine, May 8, 2015)***

**A life-size statue of cartoon character Beetle Bailey, loafing in a booth with a beer, adorns the campus of the University of Missouri at Columbia. Graduate Mort Walker created the lackadaisical Army private character and cartoon, which debuted in 1950, drawing inspiration from his time loafing at The Shack, a student hangout. (American Profile magazine)**

**Lack of physical activity results in bone loss. Astronauts, after long space voyages, show a remarkable loss of bone. (Barbara Seuling, in You Can't Sneeze with Your Eyes Open, p. 14)**

**The dangers of sitting: Want to reduce your chances of dying early? Get off your butt. A comprehensive analysis of 47 studies examining links between sitting and mortality has produced a definitive conclusion: People who sit most of the day have an increased chance of developing diabetes, heart disease, and cancer, and tend to have shorter life spans. Researchers from the University Health Network in Toronto found that those who sat for long periods were 24 percent more likely to die from health problems than those who sat less. They also established that while exercise helps, it cannot completely counteract the negative effects of sitting. The study authors didn't determine exactly how much sitting was too much, but suggested that exceeding a total of eight hours a day could lead to an increased risk of health problems. Lead researcher Aviroop Biswas advised people to get up from their chairs or couches as often as possible. "When you're sitting, think of ways to stand," he tells LawScience.com. "Move as much as you can when you're not exercising. " *(The Week magazine, February 6, 2015)***

**It's impossible to mend a fence if you're sitting on it. (Frank Walsh)**

**The subconscious mind is the fireless cooker where our ideas simmer while we are loafing. Newton was loafing when he saw an apple fall and got the gravitation idea. While finding peace for his soul, Galileo watched the great swinging lamp. It gave him the idea of the pendulum swinging to and fro as a means of measuring the passage of time. Watt was relaxing in the kitchen when he saw steam lifting the top of the teakettle and conceived the idea of a steam engine. Many times we will get more and better ideas in two hours of creative loafing than in eight hours at a desk. *(Wilferd A. Peterson)***

**To be idle requires a strong sense of personal identity. *(Robert Louis Stevenson)***

**Idleness is a mother. She has a son, robbery, and a daughter, hunger. *(Victor Hugo)***

**When I have nothing to do for an hour, and I don’t want to do anything, I neither read nor watch television. I sit back in a chair and let my mind relax. I do what I call idling. It’s as if the motorcar’s running but you haven’t got it in gear. You have to allow a certain amount of time in which you are doing nothing in order to have things occur to you, to let your mind think. *(Mortimer J. Adler)***

**A ton or iron turns into three tons of rust. *(Boyd's Curiosity Shop, p. 32)***

**Nothing's harder on your laurels than resting on them. *(Franklin P. Jones, in Quote magazine)***

**It takes only a little laziness to make a temporary setback permanent. *(Frank Clark)***

**Do lizards get bored? If not, why not? They devote 90% of their lives to lying absolutely motionless. (L. M. Boyd)**

**A lobster, when left high and dry among the rocks, has not instinct and energy enough to work his way back to the sea, but waits for the sea to come to him. If it does not come, he remains where he is and dies, although the slightest effort would enable him to reach the waves, which are perhaps within a yard of him. The world is full of human lobsters: Men stranded on the rocks of indecision and procrastination, who, instead of putting forth their own energies, are waiting for some grand billow of good fortune to set them afloat.  *(Dr. Orrison Swett Marden)***

**We’re starting a movement to promote idleness – but as yet we have no agenda. *(Ashleigh Brilliant, in Pot-Shots)***

**It is no rest to be idle. *(Paul Peel)***

**A peacock that rests on his feathers is just another turkey. *(Quoted by Dolly Parton)***

**Even if you're on the right track, you'll get run over if you just sit there. *(Will Rogers)***

**Shun idleness. It is a rust that attaches itself to the most brilliant metals. (Voltaire)**

**The only thing that ever sat its way to success was a hen. (Sarah Brown)**

**You miss 100% of the shots you don't take. *(Wayne Gretzky)***

**On Socrates' list of idle men were "sophists, soothsayers, doctors, weather prophets and lazy long-haired onyx-ring wearers." *(L. M. Boyd)***

**People who throw kisses are hopelessly lazy. *(Bob Hope)***

**Too much idleness, I have observed, fills up a man’s time much more completely, and leaves him less his own master, than any sort of employment whatsoever. *(Edmund Burke)***

**Every idle moment is treason. *(Thomas Carlyle)***

**Final totals show that more than 122 million people voted in the presidential election, for a turnout of 60.7 percent -- the highest percentage since 1968. But more than 78 million eligible voters stayed home, meaning that President Bush received votes from just 30.8 percent of eligible Americans. *(Associated Press, as it appeared in The Week magazine, January 28, 2005)***

**Americans today consume nearly the same number of calories -- about 3,400 a day -- as Americans in 1910 did, but the weight of the average American has increased substantially due to lack of exercise. *(Isaac Asimov’s Book of Facts, p. 94)***

**Where you stand should not depend on where you sit. *(Jane Bryant Quinn)***

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