

# 17 years on sofa

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THE average Brit spends **17 YEARS** on the sofa, research reveals.

Watching television, reading, eating and snoozing take up 49 hours of their week – nearly a quarter of their lives.

Dr Graham Archard from the Royal College of GPs, said: “Unsurprisingly, they have a shorter life expectancy than someone who is active.”

Carolyn Morris, of social network site [www.alljoinon.com](http://www.alljoinon.com), which commissioned the poll, said: “We are all guilty of being a couch potato.”