

Sit/Stand in the Workplace



70% of the US workforce sits in an office and the typical American spends 95% of the workday sitting. Research shows that all-day sitting is a serious health risk. But standing all day at work isn't healthy either.

Prolonged SITTING:

How it affects the human body

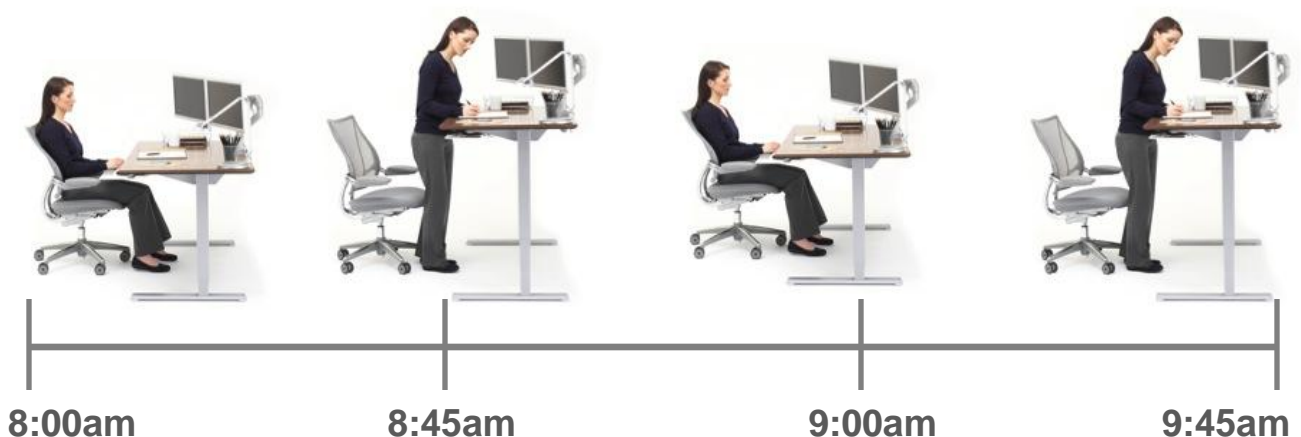
- Reduced blood flow
- Those who sit for prolonged periods may suffer three times the rate of heart disease and more than twice the rate of death after a heart attack than those who are active during work.
- Weight retention, lowered metabolism, and lower levels of "good" cholesterol (HDL).
- 90% inhibition of LPL enzymes after 60 minutes of sitting that are responsible for burning fat

Prolonged STANDING:

How it affects the human body

- Requires 20% more energy to sustain than sitting.
- Linked to foot pain, varicose veins, and static muscle fatigue.
- Causes joints in the spine, hips, knees, and feet to become temporarily immobilized, which can cause damage to tendons and ligaments.

The Answer: Sitting and Standing



Research by the Mayo Clinic supports changing postures every hour

Studies show the benefits of movement



A 2015 Annals of Internal Medicine study found:

- Sitting for prolonged periods raised the risk of cardiovascular disease by 14%, cancer by 13%, and diabetes by 91%.
- Those who sat for long stretches and got no regular exercise had a 40% higher risk of early death.
- With regular exercise the risk was smaller but still significant: about 10%.
- Standing burns twice as many calories as sitting.

A 2014 Mayo Clinic study found:

- Two hours of sitting cancels out the benefits of 20 minutes of exercise for our cardio respiratory fitness levels.

A Miami University research study:

- Participants who did not alter their postures took an average of 47% more work breaks, with the average duration of their work breaks being 56% longer.
- 50-minute daily productivity improvement with sit/stand

A 2009 Mayo Clinic study found:

- It was possible to burn an additional 340 calories per day by spending two hours standing instead of sitting
- The same study found that physically active work protects against heart disease.
- Those who sat for prolonged periods suffered three times the rate of heart disease and more than twice the rate of death after a heart attack than those who were active during work

***“Our bodies have evolved over millions of years to do one thing:
MOVE”***

James A. Levine, M.D., Ph.D. Mayo Clinic in Rochester, MN