



# TOP 10 Reasons You Should STAND At Work!

Research shows that sitting for prolonged periods of time is detrimental to your health!



- 1. Add 2 Years To Your Life**  
Research indicates that sitting more than 3 hours a day cuts your life expectancy by 2 years. Sedentary behavior (referred to as **Sitting Disease**) is in the same category as smoking and obesity.  
*Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center*
- 2. Burn 42 More Calories PER HOUR**  
A UK study found the average calories burned while sitting was 2.6 cals per minute compared to 3.3 cals per minute while standing.  
*Dr. John Buckley - University of Chester*
- 3. Reduce Your Risk Of Dying Of A Heart Attack By 46%**  
Multiple studies have shown that people who sit for most of the day are 54% more likely to die of a heart attack, no matter how much you exercise or how well you eat.  
*Peter Katzmarzyk - Louisiana State University's Pennington Biomedical Research Center*
- 4. Lower Your Risk Of Cancer**  
Studies have linked sitting to a greater risk for colon, breast and endometrial cancers due to increased insulin production from idle muscles.  
*Charles E. Matthews - National Cancer Institute Investigator*
- 5. Reduce Your Back and Neck Pain**  
People who sit more are at greater risk for herniated lumbar disks, as well as strained cervical vertebrae in the neck leading to permanent imbalances.  
*Jay Dicharry - Director of the REP Biomechanics Lab in Bend Oregon*
- 6. Get 18% More Work Done**  
A study found that an employer who provided employees with good ergonomic furniture and training in how to use it realized about \$367 per day more income per employee (a 17.8 % productivity gain) than did a control group.  
*Tom Albin - Office Ergonomics Research Committee, Inc*
- 7. Be A Better Co-Worker**  
The average American spends 55% of waking time in sedentary behaviors. People who stand have a smaller barrier to engage with others in the workplace, thus improving their social and professional relationships.  
*2008 Vanderbilt University study published in the American Journal of Epidemiology*
- 8. Sleep Better**  
Sitting for long periods of time slows blood circulation, which causes fluid to pool in the legs. This can ultimately cause restlessness and lead to loss of sleep.  
*James Levine - Director of Obesity Solutions at Mayo Clinic*
- 9. Lower Healthcare Costs**  
A HealthPartners study saw overall health increase with its participants who stood at work, leading to lower projected health care costs in the long run of a business.  
*JourneyWell - a HealthPartners wellness solution*
- 10. Feel Healthier At The End Of The Day**  
According to a 2011 study, 75% of people felt healthier overall after standing at work.  
*2011 HealthPartners Study*