

# Standing Desks: The *Healthiest* Way To Work

Burn Calories. Live Longer. Fight Disease.



## Standing can ...

- ▶ Increase your **focus**
- ▶ Prevent **fatigue**
- ▶ Boost **energy**
  
- ▶ Give you a sexier physique
- ▶ Improve your posture
- ▶ Decrease back pain
- ▶ Help you lose weigh
  
- ▶ Increase circulation
- ▶ Tone muscles

... **Help you Live Longer.**

## If you sit ... you're prone to:

- ▶ **obesity**
- ▶ **high cholesterol**
- ▶ **increased BMI**
- ▶ **lung blood clots**
- ▶ **lower metabolism**
- ▶ **diabetes**
- ▶ **fat butt & hips**
- ▶ **heart disease**

## Sitting > 6 hrs/day ...

- ▶ Women: **37%** more likely to **die**.
- ▶ Men: **17%** more likely to **die**.
- ▶ **18%** more likely to die from diabetes, heart disease & obesity

## Articles That Highlight The Benefits Of Standing:

### Sitting less can boost your life expectancy:

"Sitting is a dangerous risk factor for early death, on par with smoking and being obese."  
*USA Today. July 10 2012.*

### Sitting gets you an early grave:

"The study, published by the American Cancer Society, says women who sit on their bottoms for more than six hours a day increase their chance of dying by 37 percent over the course of the survey, even if they chain themselves to their treadmills."  
*New York Post. July 24, 2010.*

### Get Up! Sitting Makes You Fat, Research Says:

"The findings, published in Cell Physiology, suggest that the pressure placed in the buttocks and hips from sitting down for too long can generate up to 50 percent more fat in those areas."  
*Digital Vision/Thinkstock.*