

# REASONS TO STAND



## Add 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



## Burn More Calories

A UK study found the average calories burned while sitting was 2.6 calories per minute compared to 3.3 calories while standing.

Dr. John Buckley - University of Chester



## Improve Your Posture to Relieve Back and Neck Pain

People who sit more are at a 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



## Reduce Your Risk of a Heart Attack

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.

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## Increase Productivity

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.



## 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