



HEALTH BENEFITS OF STANDING



THE HEIGHT OF HEALTHY DESIGN

THE FACTS:



2/3
OF AMERICANS
ARE OFFICIALLY
OVERWEIGHT
up from half just 20 years ago

IN 2008
THE HEALTH COSTS
ASSOCIATED WITH
BEING OVERWEIGHT
AND OBESITY WERE
ESTIMATED AT

\$147
BILLION

www.cdc.gov/obesity/adult/causes.html

PHYSICAL INACTIVITY
CONTRIBUTES TO
PHYSICAL & MENTAL
HEALTH PROBLEMS



& IS RESPONSIBLE FOR
AN ESTIMATED
200,000 DEATHS/YR



THE CURE:

JUST STAND UP!



**STANDING BURNS
50 CALORIES
PER HOUR**

By standing while:

- ✓ talking on the phone
- ✓ working at your computer
- ✓ reading the paper

a 155-pound person can burn as many as 50 more calories per hour. If one stands for two hours, sits for one hour and repeats this throughout an eight-hour work day, that equates to 400 additional calories burned, just from standing up!



THE PROOF

Experts say they have a better strategy for cancer prevention. Exercise regularly and avoid prolonged periods of sitting.

UP TO
173K
new cases
of cancer
could be
prevented
annually

**IF PEOPLE
SAT LESS!***

2 types of cancer that seem to be the most influenced by sitting too much include:

BREAST CANCER, with 49,000 cases annually directly attributed to long periods of sitting,



COLON CANCER, with 43,000 cases.

Scientists also found sitting less might prevent:

- 37,200 cases of **LUNG CANCER**
- 30,600 cases of **PROSTATE CANCER**
- 12,000 cases of **ENDOMETRIAL CANCER**
- 1,800 cases of **OVARIAN CANCER**

THE RESEARCH

A January 2010 British Journal of Sports Medicine article suggests that ... **people who sit for long periods of time have an increased risk of disease.**

An American Cancer Society study, published in the July 2010 American Journal of Epidemiology, of 120,000 adults suggests that ... **the more people sit, the shorter their average life span.**

A 2010 University of Queensland, Australia study found that ... **even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.**



Medicine & Science in Sports & Exercise published the study of scientists at the Pennington Biomedical Research Center in Louisiana that analyzed the lifestyles of more than 17,000 men and women over 13 years and found that ... **people who sit for most of the day are 54 percent more likely to die of heart attacks.**

American Cancer Society researchers finds **it's not just how much physical activity you get, but how much time you spend sitting that can affect your risk of death.** Researchers say time spent sitting was independently associated with total mortality, regardless of physical activity level. They conclude that public health messages should promote both being physically active and reducing time spent sitting. The study appears early online in the American Journal of Epidemiology.

THE MEDIA

The Wall Street Journal - Standing Desks are on the Rise
<http://online.wsj.com/article/SB10001424053111904199404576541011003270644.html>

The New York Times - Is Sitting a Lethal Activity?
http://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html?_r=3

Men's Health - The Most Dangerous Thing You Do All Day
<http://health.yahoo.net/experts/menshealth/most-dangerous-thing-youll-do-all-day>

CNN.com - Designing the 21st Century Cubicle
http://money.cnn.com/2006/11/14/magazines/business2/office_redesign.biz2/index.htm

USA Today.com - Too Much Sitting Puts Body on Idle
http://www.usatoday.com/news/health/painter/2010-02-01-yourhealth01_ST_N.htm



MultiTable.com

THE SOURCES

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<http://www.cdc.gov/obesity/adult/causes.html>

<http://www.cdc.gov/nccdphp/sgr/pdf/sgrfull.pdf> (page 145)

http://activelivingresearch.org/sites/default/files/AJHP_8_Ewing_0.pdf

<http://www.kval.com/news/health/13565082.html>

<http://www.bbc.com/news/magazine-24532996>

<http://www.scientificamerican.com/article.cfm?id=prolonged-sitting-linked>

<http://bjsm.bmj.com/content/43/2/81.full>

<http://aje.oxfordjournals.org/content/172/4/419.abstract>

<http://www.ncbi.nlm.nih.gov/pubmed/20577058>

<http://healthland.time.com/2011/04/13/the-dangers-of-sitting-at-work%E2%80%94and-standing/>

http://www.ergotron.com/portals/0/literature/other/english/ACSM_SittingTime.pdf

<http://pressroom.cancer.org/index.php?s=43&item=257>