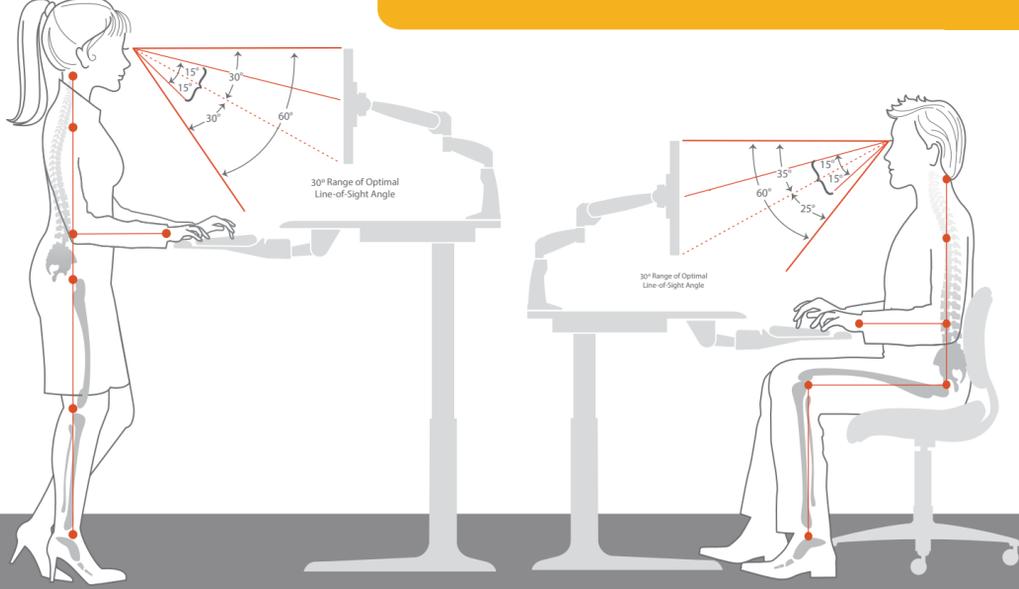


# SITTING VS STANDING AT WORK



## How Prolonged Sitting Can Affect Your Health\*

- Calorie Burning** slows to 1 calorie per minute. Insulin effect drops 24% and risk of diabetes rises.
- When we sit, the **electrical activity** in the legs and gluteal muscles (buttocks) slows way down
- Enzymes** in the blood that burn fat drop **90%**
- After **2 hours** of sitting, good cholesterol levels can drop **20%**

\*Validity of Self-Reported Measures of Workplace Sitting Time and Breaks in Sitting Time  
Medicine & Science in Sports & Exercise, October 2011 - Volume 43 - Issue 10 - pp 1907-1912



Research from Alpa Patel, an epidemiologist at the American Cancer Society, who tracked the health of 123,000 Americans between 1992 and 2006

A fully adjustable workcenter system, which provides a wide range of flexibility, can be a great solution for addressing health issues:

**Mental disease**

A 2013 survey of nearly 30,000 women\* found that those who sat **nine or more hours a day** are more likely to be **depressed** than those who sat fewer than six hours.

Prolonged sitting reduced circulation to the brain hurting creativity and mood.

**Chronic kidney disease**

A Study of 5650 people between the ages of 40 and 75 found that even if you exercise nearly everyday, those who sit three hours a day or less have lower risk of develop chronic kidney disease.\*

**Metabolic Syndrome**

Sitting disease or, more accurately, metabolic syndrome is a condition where the Lipoprotein Lipase enzymes in the blood vessels essentially go to sleep after 60 - 90 minutes of inactivity.

Prolonged sitting is enough to shut down the enzymes responsible for improving cholesterol, and for regulating blood sugar.

Lack of these enzymes will contribute to weight gain, diabetes and a reduction in HDL- the good cholesterol.

**Cancer disease**

A January 2013 study in the Journal of Clinical Oncology found that both before and after being diagnosed with colorectal cancer, most leisure time spent sitting down meant a **higher risk of death**.

The study tracked the self-reported habits of more than 2,000 patients with colorectal cancer for up to 16 years after their diagnosis. **The most physically active had 28% lower chance of dying** than those who exercised less.

**Sitting six hours or more** a day during leisure time was linked to a **36% increased risk of dying** compared to sitting less than three hours a day.

By reducing "excessive sitting" to less than three hours a day, the U.S. life expectancy can **increase by two years**, according to a July 2012 study in BMJ Open. Reducing TV time to less than two hours a day can bump it up by 1.4 years

## THE IDEAL WORKSPACE

**Computer Screen**

- The top 1/3 of the computer screen should be positioned at or below eye level.
- Individuals who wear multi-focal lenses need to lower the monitor and tilt at 30°-40° angle.

**Things to consider for lighting:**

- ASYMETRICAL:** An asymmetrical light distributes light evenly in a slanting angle over the entire worksurface to minimize the risk of reflections and glare.
- INDIVIDUALIZED:** Must meet individual needs. Older workers need far more light - 60 year old needs 5x the light a 20 year old needs. The office layout, size of the space, desk and distance from windows all affect lighting requirements.
- ADJUSTABLE:** Must be adaptable and adjustable to meet variety of tasks.

**Ambient Light**

Avoid a single light source, as it will tire your eyes.

**Distance**

The distance between your eyes and the monitor should be at least 15.7" arms' length.

**Posture**

Wrists, neck and head should be in a relaxed, neutral position - not angled up or down.

**Seat**

Adjust the height of your seat so that your feet are resting firmly on the floor.

"Position" yourself to succeed!

**SIT LESS. STAND MORE. START NOW.**