

HEALTHFUL TIPS

Sit Less. Stand More.

No doubt, we have become a nation of sitters. We sit at workstations, in meetings, in traffic, at kid's activities, at the computer, and watching TV. This excessive sitting is taking a toll on our health—researchers even refer to it as Sitting Disease. Did you know that after just 2 hours of sitting, metabolism slows by 25-50%, blood sugar levels increase, good cholesterol decreases and circulation slows? Body pain and stiffness, obesity, diabetes, heart disease, some types of cancer, and even early death can be a result of this sedentary lifestyle.

We all know about the benefits of walking and other forms of physical exercise, but there are also significant health benefits in just standing more. Standing in place of sitting ramps up metabolism and calories burned (30-60 more calories burned each hour), increases blood flow, stimulates the brain's ability to focus, and boosts both energy and productivity.

You may think that sitting in a chair is more relaxing, but 87% of those who stood for just one hour of their workday felt more energized, 71% felt more focused, and 50% reported less pain in their upper back and shoulders.

Many of the activities we do during the day require sitting—or do they? Following are some ideas for you to ponder and see what you can do to move out of your chair more often throughout the day.

**Either YOU run the DAY
or the DAY runs YOU.**
Jim Rohn

Talking on the phone...

Get a longer cord or a cordless headset and stand or pace while you talk on the phone.

Create a standing/sitting workstation...

Add a crate to your desk to lift up your monitor and keyboard and transition from standing to sitting throughout the day.

Mini breaks...

Each time you get a drink or use the restroom, take the long way and move for 5 minutes.

Pace...

In place of sitting to watch TV (at least during the commercials) or at kids' events.

Build more movement into your day...

Park further away, take the steps, walk to a coworker's desk instead of emailing or calling, take a walk during your lunch break, and be mindful to stand whenever possible.

Cut back...

on screen time or other sedentary activities and replace with more active pursuits.

Go to JustStand.org for more information.

