

SHARE THE WELLNESS TIP



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Take A Stand At The Office



More than half of the average person's waking hours are spent sitting down. Learn how standing can help improve health.

Don't take this advice sitting down. More than half of the average person's waking hours are spent sitting: watching television, working at a computer, commuting, or doing other physically inactive pursuits. But all that sitting could be setting you up for poor health.

Some research suggests that prolonged sitting has harmful effects on sugar and fat metabolism, both of which affect a person's risk of diabetes and heart disease. Still not motivated to take a stand? You burn 30 percent more calories when you're standing than when you're sitting.

Make the first move. Office workers with desk jobs can start to break up their chair time with two hours per day of standing or walking. Over time, they can progress to four hours or half the workday.

Standing, Walking Pay Off in Many Ways

These steps make financial sense for employers, too. Standing more could improve employees' health, productivity and engagement. Meanwhile, sick days and health care costs could be reduced.

However, standing more can increase aches and pains at first. But that's why easing into more time on your feet is a good way to start. Since teachers, hospital staff and factory workers safely stand and move for more than four hours a day, there's no reason to expect office workers couldn't eventually do the same.

Move More During Business Hours

Exactly how you make this motion happen remains up to you. Consider:

- Using a standing-sitting desk or adjustable attachment. This makes it easy to alternate positions without disrupting your workflow.
- Setting an alarm on your phone or computer for every 30 minutes. When it rings, do a two-minute exercise challenge. For example, walk in place with high knees, or stand up and sit back down as many times as you can.

Sources: [Harvard Health Publications](#); [CNN.com, Jan. 21, 2015](#)