



Get Fit – Stay Fit

Stand up for your health!



Physiologic effects of sitting

- Decreased calorie burn
- Increased blood sugar, insulin resistance
- Short, tight hip flexor muscles

Negative health outcomes

- Obesity
- Heart disease
- Diabetes
- Low back pain
- More sitting hours = more risk

Make the switch!

- Regular exercise is NOT enough to make up for hours of sitting at home, in car, and at work

Your Resources

- Office ergonomics staff
- Adjustable desk
- Portable laptop surface
- Foot mat

Getting started

- Begin by standing up while working at only fifteen minute intervals
- Expect increased foot and back tiredness at first
- Some work precludes standing

**The key is not to sit for hours!
Sit or stand, but get up at least
every 20 minutes and move!**

References:

- 1) Too much sitting: a novel and important predictor of chronic disease risk? Retrieved 22MAY2014 from <http://bjsm.bmj.com/content/43/2/81.full>
- 2) Background to sitting at work: research-based requirements for the design of work seats. Retrieved 22MAY2014 from <http://www.tandfonline.com/doi/full/10.1080/00140130600766261>