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://bmj.bmj.com/content/43/2/81.full