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ROYAL AHREND COMPANY

Sit / Stand  
Health Sheet

# Sit / Stand - Health Benefits

The dangers of prolonged sitting have been well documented over the last few years, with it being linked as a potential cause of a number of serious conditions, such as:

- **Obesity**
- **Diabetes**
- **Cardiovascular disease**
- **Cancer (especially the colon or breast)**
- **Premature death**

Standing, on average, takes 10 more beats per minute than sitting



Standing burns 0.8 more calories a minute rather than sitting



Blood glucose level peaks reduce by 56.6%, post eating, when standing



## 1. Brain Activity

Brain function slows down due to lack of fresh blood and oxygen being pumped around your body.

## 3. Back Problems

Constantly sitting arches the spine and puts undue pressure on the vertebrae. It also prevents vital nutrients and fresh blood to enter - resulting in hard support tendons and ligaments.

## 4. Inner Health Stats

Calorie burning drops by 1 per minute.  
Enzymes that break down fat drop 90%.  
Good cholesterol drops 20%.

## BODY PARTS AFFECTED BY LACK OF MOVEMENT

### 2. Heart Disease

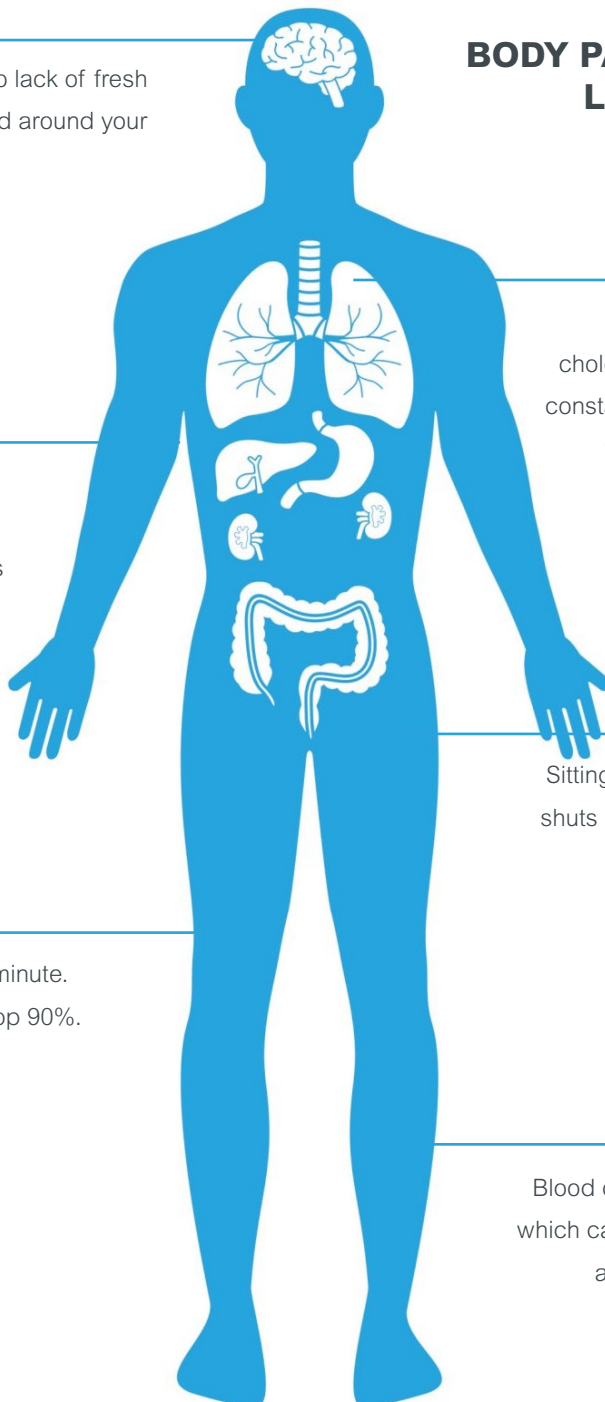
High blood pressure and elevated cholesterol are increased when sitting constantly and these have been proven to lead to cardiovascular disease.

### 4. Muscular Issues

Sitting for long periods eats muscle and shuts off the Limp Glutes and decreases long term performance in the legs

### 6. Poor Circulation

Blood circulation slows when sedentary which can cause swelling in a multitude of areas and even lead to blood clots known as Deep Vein Thrombosis



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Recent study results showing the benefits of sit / stand desks have been published in the International Journal of Workplace Health Management.

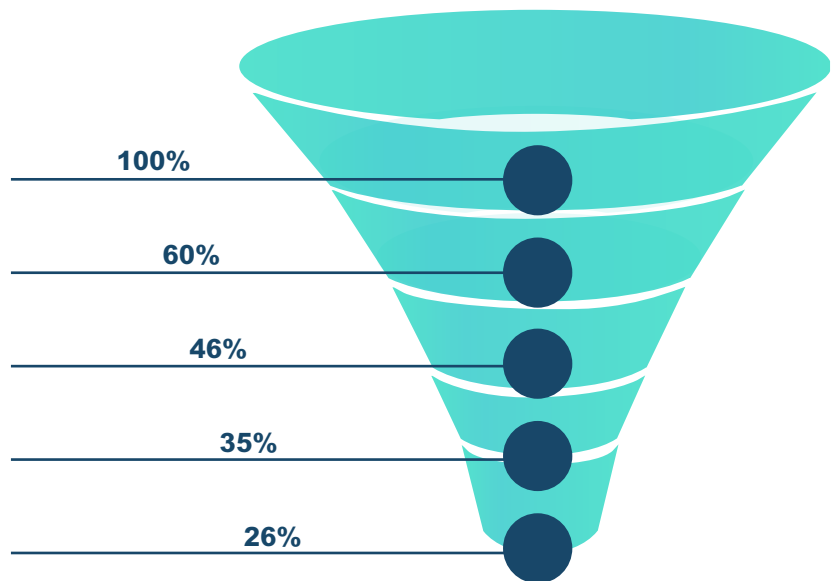
Funded by the American Society of Interior Designers (ASID), the final study, "Stand Up to Work: Assessing the Health Impacts of Adjustable Workstations," found that sit-stand workstations are linked to increased productivity, better mental concentration, and improved overall health in employees who used sit-stand desks over a 12-month period.

Most employees reported that the sit-stand desks also had a positive impact on their health outside the workplace.



## THE NUMBERS IN %

- People surveyed who felt better after using a sit / stand desk.
- Average British workers that don't get up in the day except for lunch and toilet breaks.
- Productivity increase in workers using sit / stand desks following a study in Texas.
- UK workers who feel less stressed when not seated at their desks for long periods.
- UK workers who complain about stiff joints or back pain from being sedentary at work.



## WHAT OTHERS SAY

"According to research by health insurer Vitality, 2.4 days of productive time is lost each year per person with a musculoskeletal condition."

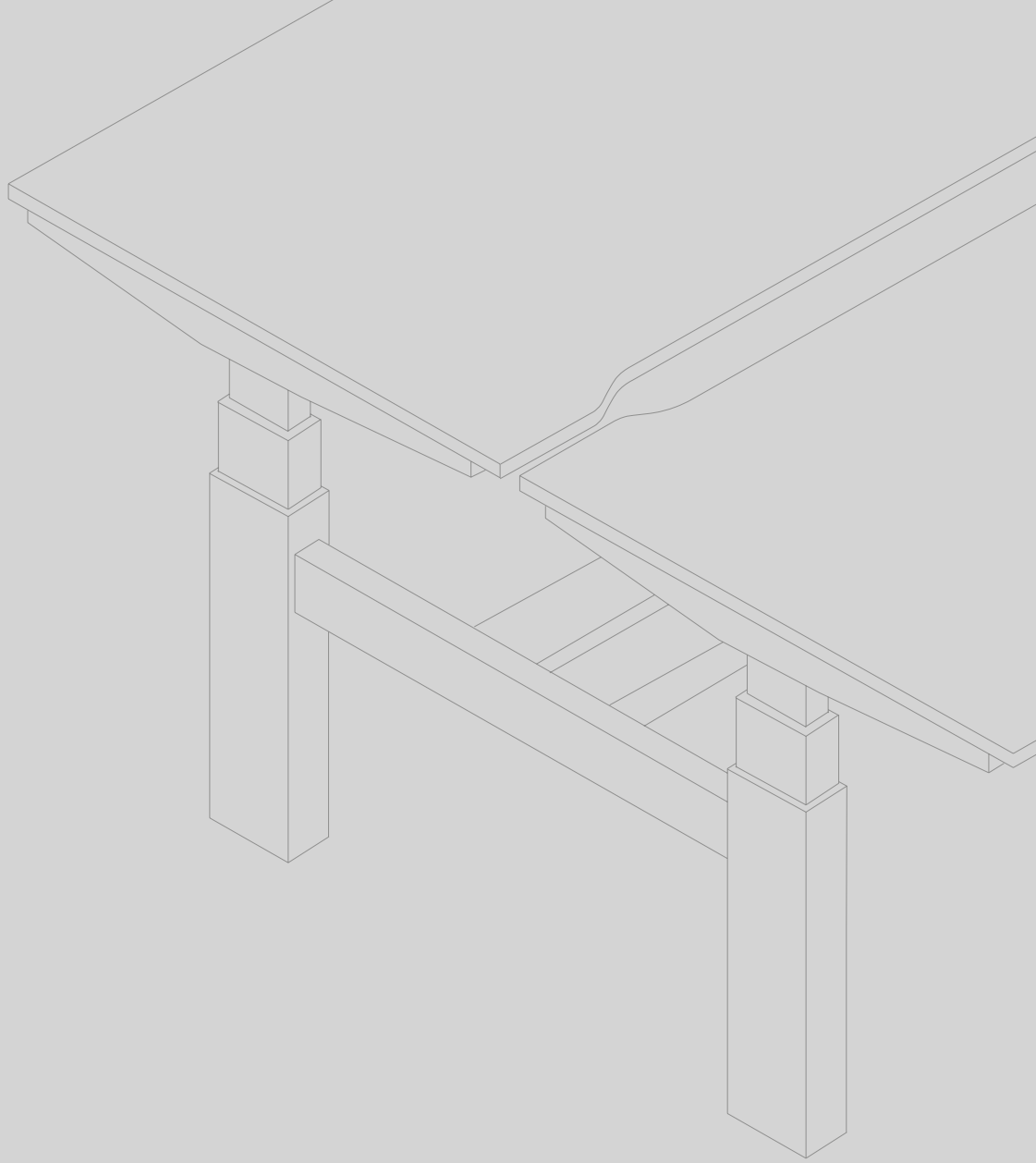
**Personneltoday.com**

"Those who participate in the Stand More At Work (SMArT programme) reported improvements in their work performance, work dedication and engagement."

**Dr. Charlotte Edwards, University of Leicester**

"Dr Emma Wilmot (Diabetes Group), who led the recent study, says it is clear that those who sit more have a higher risk of diabetes, heart disease and death than those who sit less."

**bbc.co.uk**



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