

Why it is important to use your sit-stand desk!

A typical desk job is the everyday norm for most of us, and it means being inactive most of the day. However, neither our bodies nor our physiques are made for this inactivity. Studies show that sedentary behaviour leads to lifestyle related diseases.

Using a sit-stand desk can reduce sedentary behaviour significantly, decrease the risk of lifestyle related diseases and increase our daily well-being.

This small brochure highlights why and how a height adjustable desk should be used. Also, it gives you recommendations how to get started and bring movement into your workday.

Stand up and enjoy the reading.

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Sedentary behaviour – We are inactive most of the day

Sedentary sitting means “too much sitting” – meaning too little physical exercise



We spend up to **12 hrs.** a day sitting down

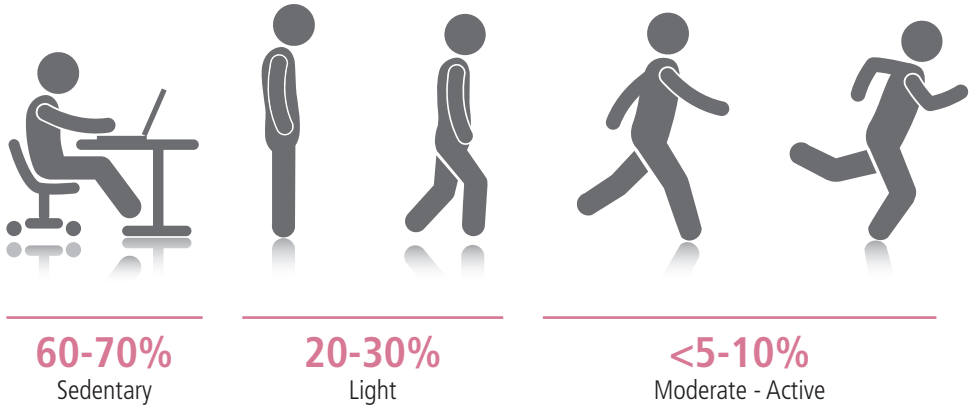


FYI

Sitting or lying down while being awake, is classified as '**sedentary**' behaviour. You can be sedentary at work, school, home, when traveling or during leisure time. Sedentary behaviour requires little energy expenditure.

How we spend the hours

The majority of hours awake are spent sedentary (around 60-70 percent).



Height adjustable desks are an indispensable resource for achieving reductions in sedentary behaviour.

Sitting – what happens when we sit too much

By getting up and out of your chair throughout the day, you engage postural muscles that “switch on” genes that are essential to good health. **When you sit all day, your health goes into decline.**

According to scientists, when we sit the **“enzymes that are responsible for burning fat just shut down.”** This can lead to retention of fat, lower good cholesterol and spark the overall reduction in the metabolic rate.

In the standing position the natural curvature of the spine permits the body to achieve a loading balance. **Prolonged sitting** causes a steady compression on the spinal discs that can **contribute to their premature degeneration.**

Prolonged sitting reduces body movement making muscles more likely to pull, cramp or strain. It has been associated with a **high incidence of back complaints**, discomfort in the lower extremities and increased muscle loading of the neck and shoulder muscles.

Additionally, lower demands on the circulatory system while sitting results in a slow down of heart activity and blood flow which **accelerates fatigue.**

A study of more than 73,000 women reported that **the risk of dying from heart disease** was nearly 3x higher among people who sit the most compared to those who sit the least.

Stand up for your health

On average we are inactive **60-70%** every day.



We need a break from sitting down – *and it starts today!*

Standing 15 minutes per hour will...

					
....reduce obesityincrease weight lossimprove mental healthand burn 20,000 more calories a yearwhich corresponds to 6 full marathons a yearand make you healthier and happier

Shift between sit and stand

It is recommended that desk users should progress towards:



of standing It should be divided into parts, sections of



Why should you shift between postures?

When we change between sit and stand during the day we adjust the amount of load on the body and give specific body parts a chance to rest. Standing helps switch on the enzymes that are responsible for good health, increases blood flow to relieve fatigued muscles and permits the body to achieve a loading balance. Just the act of **going from sit to stand is great for your health. It forces your body to work** against gravity and keeps those skeletal muscles strong. Standing also helps in the **regulation of blood pressure**.

6 ergonomic tips to get started



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