

Why should I choose a sit-stand desk?

- A typical desk worker spends from 9 to 12 hours a day sitting. Add time spent sleeping and that's up to 19 sedentary hours every day! ^{1,2}
- A sedentary lifestyle dramatically increases risk of diabetes, obesity, heart disease, chronic pain, depression and a host of other illnesses. ²
- Exercise alone cannot fully offset the harmful effects of a sedentary lifestyle. Even for those who regularly exercise, prolonged periods of sitting can reduce circulation, introducing risk factors for a number of diseases. ^{3, 4}
- Incorporating periods of standing into your daily routine can reduce risk factors obesity, diabetes, cardiovascular disease and cancer. ⁴
- In addition to health benefits, workers who use sit-stand desks have been shown to be more alert, energetic and productive. ⁵





REFERENCES:

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