

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.



Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

94% more likely to die

MEDICAL EXPERTS HAVE STARTED REFERRING TO LONG PERIODS OF PHYSICAL INACTIVITY AND ITS NEGATIVE CONSEQUENCES AS “SITTING DISEASE.”



The 2010 *American Cancer Society* study published in the *American Journal of Epidemiology* followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming results:

- Women who were inactive and sat over 6 hours a day were **94%** more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours daily were **48%** more likely to die than their standing counterparts.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

A January 2010 *British Journal of Sports Medicine* article suggests that people who sit for long periods of time have an increased risk of disease.

In 2010 the *University of Queensland, Australia, School of Population Health* reported, “Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.”



3 out of 4

Full-Time Employees of Large Companies

Wish They Didn't Spend Most of Their Working Hours Sitting (Ipsos study)

67% of U.S. office workers wish their employers offered them desks that could be adjusted so they could work either seated or standing. (Ipsos study)

OVER HALF (~60%) OF EMPLOYEES SURVEYED WERE CONVINCED THEY WOULD BE MORE PRODUCTIVE IF THEY HAD THE OPTION TO WORK ON THEIR FEET. (Ipsos study)



Standing a little more each day tones muscles, improves posture, increases blood flow, ramps up metabolism and burns extra calories.

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