

The Evolution of Sedentary

If we look at the type of work our fathers did, it was very physical.

Today our lives are very sedentary.

All of this sitting is taking a toll on our health. Studies show that spending 1-2 hours at the gym per day doesn't offset the damage done by sitting. At some point we need to make a change. And change starts with movement.

There's a long list of standing desk benefits that are proven beyond a doubt. Researchers recommend that people get out of their chair and move as often as possible to preserve their health. Standing for just 5-10% of your day can keep you healthier, happier and more productive. But in our technology driven world, many of us are required to remain at a desk for long hours. Repeated worldwide studies support the benefits of alternating between sitting and standing during the day.

Reduce Sitting. Reduce Aches & Tension.

Do you suffer from backaches or tension? Can you feel it right now? It's no surprise if you do. Americans spend up to 90% of their waking hours just sitting. In fact, office and administration employees spend approximately 80,000 hours of their working life sitting down. Kind of makes you want to stand up, doesn't it?

The practical solution is to alternate between standing and sitting and prevent the problems before they arise. With an adjustable height desk you can adopt a regular stand and sit routine to relieve stress on your spine and keep you cardiovascular system going strong, strengthen your muscles, and reduce the risk of spinal shrinkage. Alternating positions relieves strain on individual body parts and relaxes your neck, shoulders and back.

Increase Energy. Reduce Fatigue.

Sitting at your computer for a long period of time can be exhausting and even painful at times. Just think about a typical day at work: after about 20 or 30 minutes of staying in the same seated position, your muscles start to cramp and blood flow slows, leaving you feeling restless and uncomfortable.

Researchers from the University of Missouri found that too much sitting is a direct cause of weight gain. It turns out that the enzyme responsible for burning fat shuts down as soon as we take a seat. Sitting leads to increased obesity, lower HDL, and an overall reduction in our metabolic rate. Your body burns just one calorie per minute when you're sitting down - that's less than chewing a piece of gum. So what can you do? Change your working position between standing and sitting throughout the day, by walking, stretching, and using an adjustable height desk or standing desk. Recent research is telling us there are many benefits standing desk benefits. In studies, those who do take breaks from sitting with standing desks or treadmill desks had smaller waist circumferences, lower body mass indexes, and reduced levels of triglycerides and glucose in their bloodstreams. In short, they were healthier and fitter than their sitting co-workers.

So why do all the standing desk benefits make such a big difference in weight and overall health? It isn't just the standing that's the key. It's the movement between both sitting and standing. When you alternate between sitting and standing, you rev up your metabolism and burn more calories, even when you are sitting. Humans burn an extra 60 calories per hour when standing. Over time, standing for just two hours a day can help lose up to 20 pounds per year. An adjustable height desk will make you fitter, more energetic, and can even reduce your risk of major diseases.

Change Positions. Change Your Life.

Studies show that sedentary work makes the muscle of the back the weakest part of the body. Changing your body positions with an adjustable height desk can have many positive standing desk benefits:

- Increased use of abdominal muscles
- Increased use of back muscles
- Increased use of the lower extremity
- Activation of musculature
- Improved coordination

