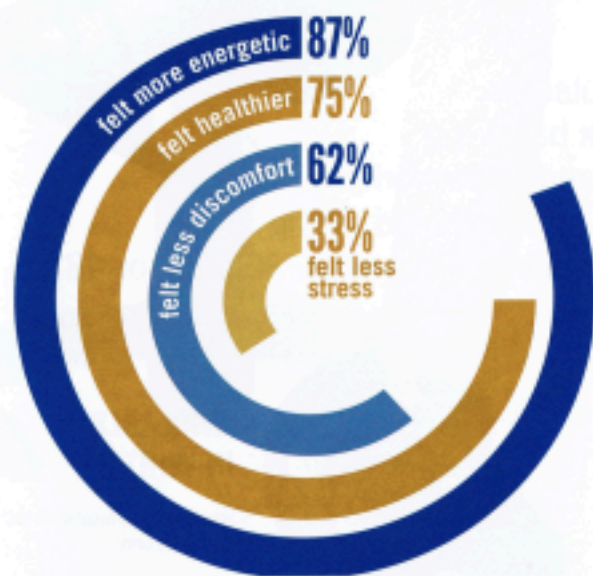


Stand Up FOR YOUR HEALTH

Why Should I Stand?

Many of us work at a desk job, with minimal movement throughout the day. Research has shown that extended periods of sedentary behaviour increases risk of cardiovascular disease and some cancers, while standing can boost mood and productivity, along with burning calories.



The Results Are In!

A CDC study on sit/stand workstations reported that just one hour of standing per day increased overall feelings of health and happiness, decreased stress, and users felt more energy and comfort throughout the day.

Reducing Occupational Sitting Time and Improving Worker Health: The Take-a-Stand Project. CDC, 2011



Practice **STABILITY** in daily living, to improve **AGILITY** at play and to enhance **MOBILITY** for life.