

Sitting Is the New Smoking, But Why?

World Health Organization has identified lack of physical activity as the



4th BIGGEST KILLER

From the World Health Organization

The average person spends **14 HOURS A DAY** sitting down



Survey done by Weight Watchers UK Ltd

How sitting damages your health in the short term



Calorie burning drops to just **1 cal/min**

Electrical activity in the leg muscles **Shuts Down**

Enzymes that break down fat drop

90%

Good cholesterol can drop by

20%



Who sit at desks during work have

X2 Twice the rate of **Cardiovascular Disease** as those who stand

Insulin effectiveness drops by

24%

which increases the risk of diabetes

Long term effects...



Your risk of **Heart Disease** increase **more than 60%** when you sit for too long



Sitting for extended periods of time every day for ten to twenty years can **shave off** as much as **7 years of quality life**



Prolonged sitting is responsible for nearly **7% of deaths**



Women can lose as much as **1% of bone mass/year** for sitting for more than six hours a day



If you sit for a solid 24 hours, you will experience a **40% reduction** in glucose

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If you are ready to ditch the desk work, **StandingDeskConverter.com** are ready to help you choose the best sit-stand workstations for your office.