

More than Just a Trend: Standing and Your Health

Have you seen the news lately? Standing while working is the latest trend to hit workplace wellness initiatives. While spending less time seated is actually a historic concept used by many **legendary thinkers**, the revelation of “sitting disease” is putting standing back in the forefront of sedentary workers everywhere. Sitting disease is an all-inclusive term that is used to describe the negative health consequences that happen as a result of too much sitting throughout the day. One way to reverse the damage of sitting is to make lifestyle changes in the office, such as investing in a sit/stand workstation like the new **Freedom E-Stand** from Ergotech.



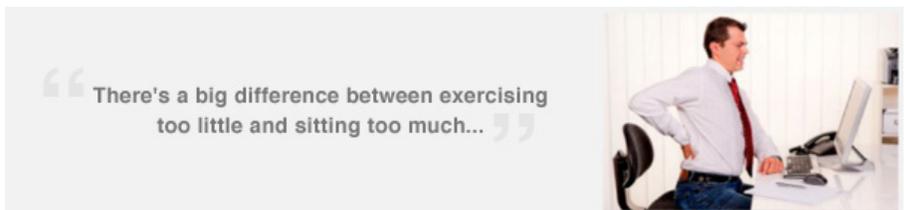
A Dangerous Habit

From sitting eight hours or more a day at work to sitting at home, many Americans are spending a significant amount of time in a sedentary position, resulting in serious side effects. Studies from institutions and industry publications like the Mayo Clinic, the **Journal of the National Cancer Institute**, and the **Journal of Physical Activity** and Health have come forward outlining the risks of spending too many hours every day seated. Excessive sitting is associated with a number of **chronic diseases and conditions**, including:

- ▲ **Obesity**
(Americans are burning 120-140 less calories a day than they did 50 years ago)
- ▲ **Cancer**
(increased by 66%)
- ▲ **Diabetes**
(increased by 112%)
- ▲ **Heart attack**
(increased by 54%)
- ▲ **There's often a higher risk of mortality from all causes**
(increased by 49%)



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“Standing more also counters all the health concerns too much sitting can bring...”

It has also been revealed that exercise outside of your work day might not necessarily lessen your risk of these major health issues. According to **Time** magazine, “[W]hile exercise is critical, it alone can't make up for the ills of idleness. New research shows there's a big difference between exercising too little and sitting too much, that's because a standing body uses energy altogether differently from a sedentary body - and also from an exercise one.”

Stand and Take Control of Your Health

Increasing the amount of standing in your day - even just three hours per day - can offer you the same health benefits as **running 10 marathons** a year and can extend your life by two years. Standing more also counters all the health concerns too much sitting can bring, including reducing the risk of obesity, type 2 diabetes, cardiovascular disease, and cancer.

So how can you incorporate standing into your day when your day is filled with seated desk work? The solution to sitting disease is fairly straightforward: add more movement and physical activity into the day. While it may seem obvious, many desk employees are unable to take time out of their day to get up and move. Simple steps to a more active workday include small changes like taking the stairs instead of the elevator, walking to speak with a co-worker instead of emailing or calling, and swapping out your chair for a height adjustable desk to stand during the day, like Ergotech's **Freedom E-Stand**.

How Can Freedom Stand Energize Your Body and Inspire Your Mind?

An effective way to stop the health problems associated with sitting for long periods of time is to invest in a freestanding sit/stand workstation.

Freedom E-Stand, Ergotech's new sit/stand workstation, has a freestanding base that instantly turns your current desk into a healthy workspace. With a push of a button, users enjoy seamless height adjustment and a locking cylinder to keep the workstation in place. No manual adjustment required. Freedom Stand was engineered for stability allowing for the benefits of standing while working without the distraction of unwanted movement. The workstation also features a large natural wood surface. Detachable VESA brackets make installation a breeze by attaching your monitors independently, then sliding back onto the arm. With the Freedom E-Stand, employees can take advantage of standing throughout their day without major interruption to their workflow, helping to make them healthier and more productive.



**Part numbers: FDM-E-STAND-1
FDM-E-STAND-2
FDM-E-STAND-3**

Get More Information

[Using Sit-Stand Workstations to Decrease Sedentary Time in Office Workers \(2014\)](#)

[5 Reasons Sitting is Ruining Your Life \(2014\)](#)

[Sit Less, Live Longer? \(2014\)](#)

[Amount of Time Spent in Sedentary Behaviors and Cause-Specific Mortality in US Adults \(2012\)](#)

[Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults \(2010\)](#)