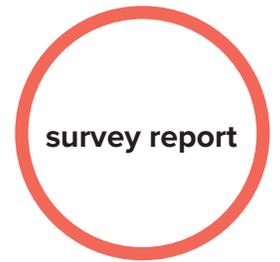


Sitting disease by the numbers



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

WE ARE SITTING TOO MUCH

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 daily) in sedentary behaviors such as sitting during the daily commute, at work and at home.

IT'S KILLING US

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

94% more likely to **DIE**

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.



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 results were alarming:

- People 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.
- Those 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).



OVER 60%

of employees surveyed were convinced they would be more productive if they had the option to work on their feet. ([Ipsos study](#))

3 out of 4



Full-time employees of large companies wish they didn't spend most of their working hours sitting. ([Ipsos study](#))

THE TAKEAWAY

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

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