

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



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

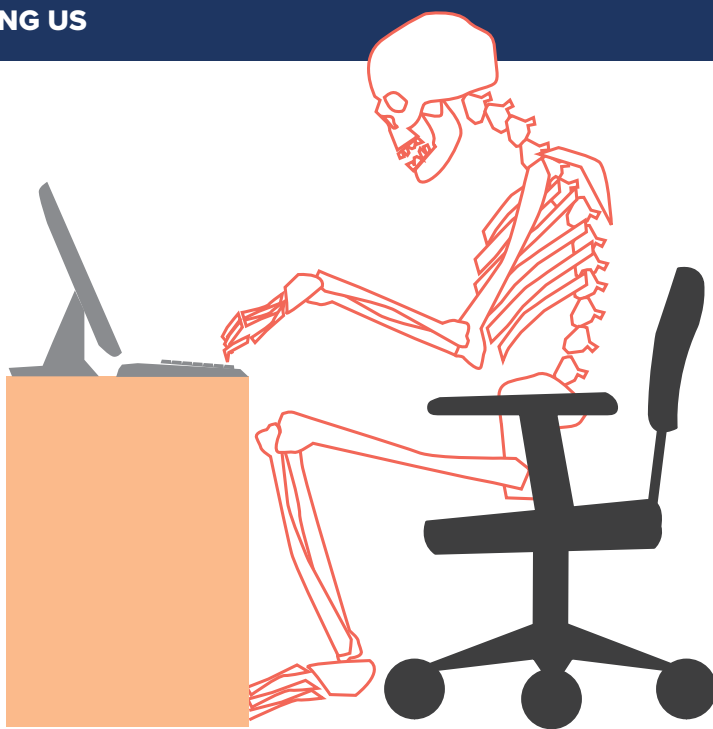
94% MORE LIKELY TO **DIE**

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.

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.



THE TAKEAWAY

3 OUT OF **4**

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



OVER **60%**

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

STANDING A LITTLE MORE EACH DAY TONES MUSCLES, IMPROVES POSTURE, INCREASES BLOOD FLOW, RAMPS UP METABOLISM AND BURNS EXTRA CALORIES.

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