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THE HEALTH BENEFITS OF OUR  
**Sit/Stand Workstations**

# 'Sitting for long periods increases the risk of diabetes, heart disease and death, researchers suggest'

BBC News reports.

The news is based on the findings of a review which summarised the results of all the observational studies that had looked at the association between the time spent sitting or lying down whilst awake (sedentary behaviour) and the risk of diabetes, cardiovascular disease, and death due to cardiovascular disease (such as heart attack) or any cause.

The link between worsening health outcomes and time spent sitting first became apparent in the 1950s when researchers found that London bus drivers were twice as likely to have heart attacks as their bus conductor colleagues.

The researchers were concerned that, due to changes in lifestyle and employment, the health problems associated with sedentary behaviour are likely to have worsened. They cite the findings of a 2011 study showing that the average adult now spends 50-60% of their day in sedentary pursuits.

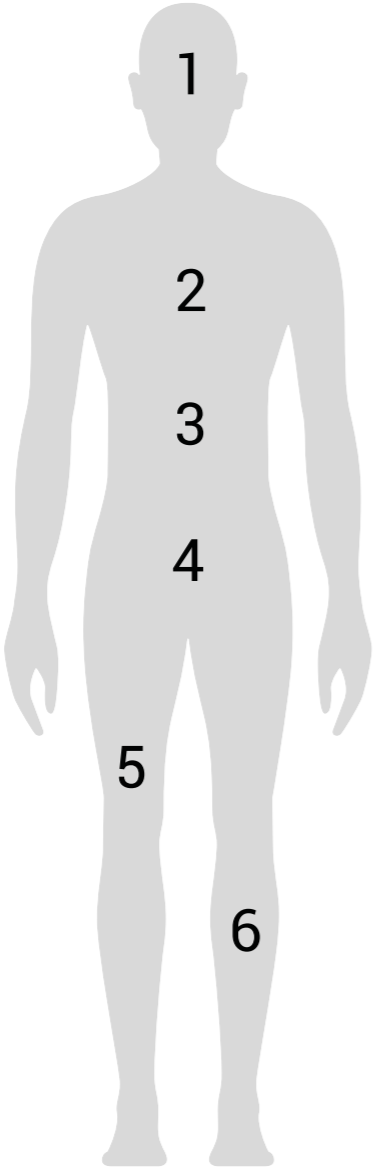
The main findings of the study were that, compared to the shortest time spent sedentary, the longest time spent sedentary was associated with a:

- 112% Increase in risk of diabetes
- 147% Increase in cardiovascular events
- 90% Increase in death due to cardiovascular events
- 49% Increase in death due to any cause

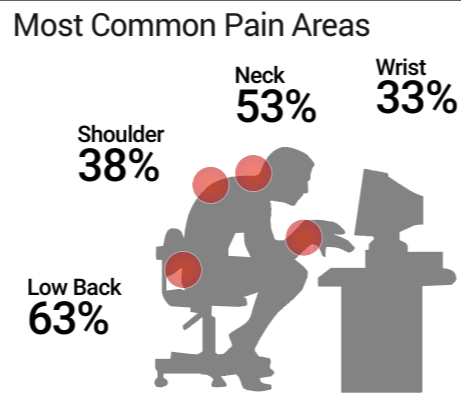
The study was carried out by researchers from Loughborough University and the University of Leicester. The primary author is being funded for a PhD in the Department of Cardiovascular Sciences, University of Leicester.

The study was published in the peer-reviewed medical journal Diabetologia. The research was well-reported by the BBC, Daily Mail and Daily Express.

Source: NHS News 10. October 2012



- 1. Brain Activity**  
Brain function slows due to lack of fresh blood and oxygen being pumped around your body, resulting in lack of brain and mood enhancing chemicals required to stay alert. Tiredness starts.
- 2. Heart Disease**  
Muscles burn less fat and blood flows slower during sitting. This allows fatty acids to easily clog the heart. High blood pressure and elevated cholesterol are increased leading to cardiovascular disease.
- 3. Back Problems**  
Sitting does not allow nutrients and fresh blood to enter the soft spongy discs between vertebrae, resulting in hard support tendons and ligaments. Uneven weight is also distributed unevenly between vertebrae causing spine problems.
- 4. Inner Health Stat's**  
Calorie burning drops to 1 per minute. Your breaking down fat enzymes drop 90%. Good cholesterol drops 20%. Insulin effectiveness drops 24% and risk of diabetes rises.
- 5. Muscle Problems**  
Sitting creates electrical activity in the leg muscles to shut off. Your Limp Glutes found around your buttocks become accustomed to no use, this lowers your ability to maintain a powerful stride.
- 6. Poor Circulation**  
Sitting for long periods slows blood circulation. This causes fluid to pool in the legs. This problem can cause swollen ankles and varicose veins to dangerous blood clots called Deep Vein Thrombosis (DVT)

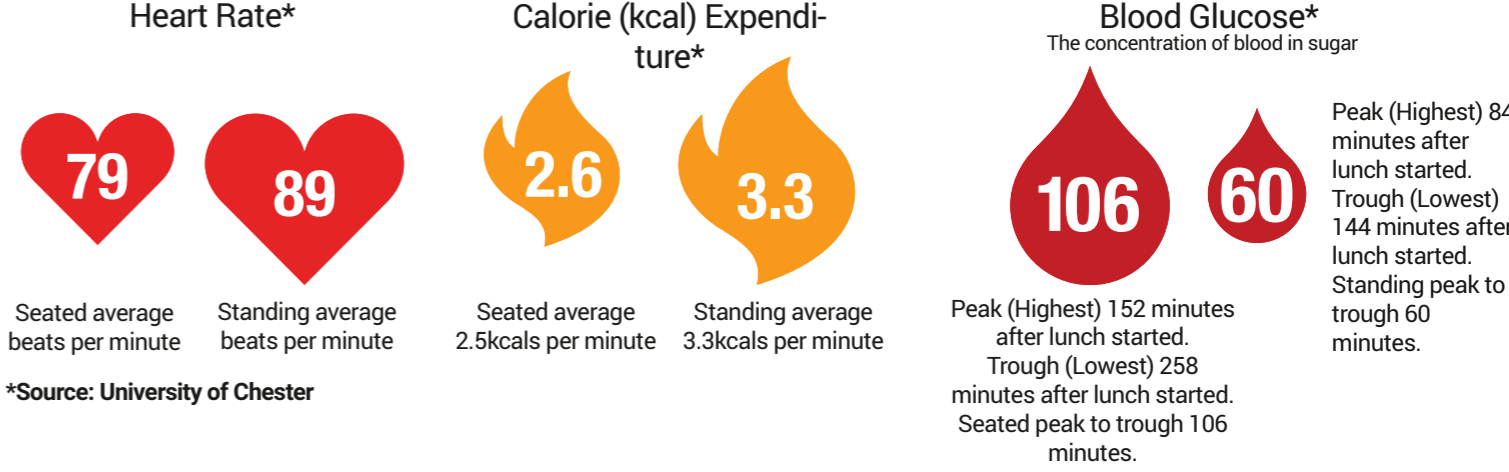


**Aim to stand up every 20 minutes**  
New science shows very persuasively that standing up about every 20 minutes, even for only a minute or two, reduces your risks of developing diabetes and heart disease.

By standing up, you cause the big muscles in your legs and back to contract, which leads to an increase in certain enzymes that break up fat in the blood stream. You don't have to jog in place or do jumping jacks. Just stand. A very pleasant additional benefit is that standing up every 20 to 30 minutes also seems to prompt the body to burn calories, so you don't gain as much weight from sitting at the office most of the day.

If you can stand up every 20 minutes – even if you do nothing else – you change how your body responds physiologically.

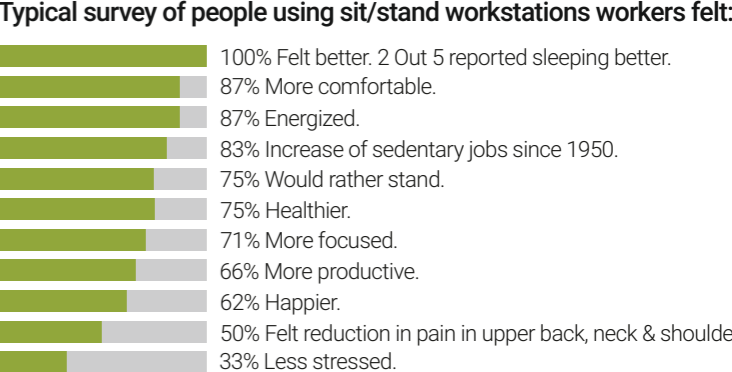
**Gretchen Reynolds**  
Writes the Phys Ed column for the New York Times.



## Our solution to you

# PROGRESS Sit/Stand Workstations

- Key Features:**
- 685mm -1185mm Height adjustment.
  - Gas assisted or electric mechanisms available.
  - Single or double workstation options.
  - Workstation width's of 1400,1600 & 1800mm.



For more information please call us or alternatively visit our website

THIS IS NOT A MEDICAL DOCUMENT