

Be More Active Throughout the Day

Office workers are notorious for spending long hours sitting in their work station. New research shows that spending a long time sitting can increase the risk of chronic disease.

Standing



Pros

Burn more calories and improves circulation

Cons

Painful back and muscle problems

Sitting

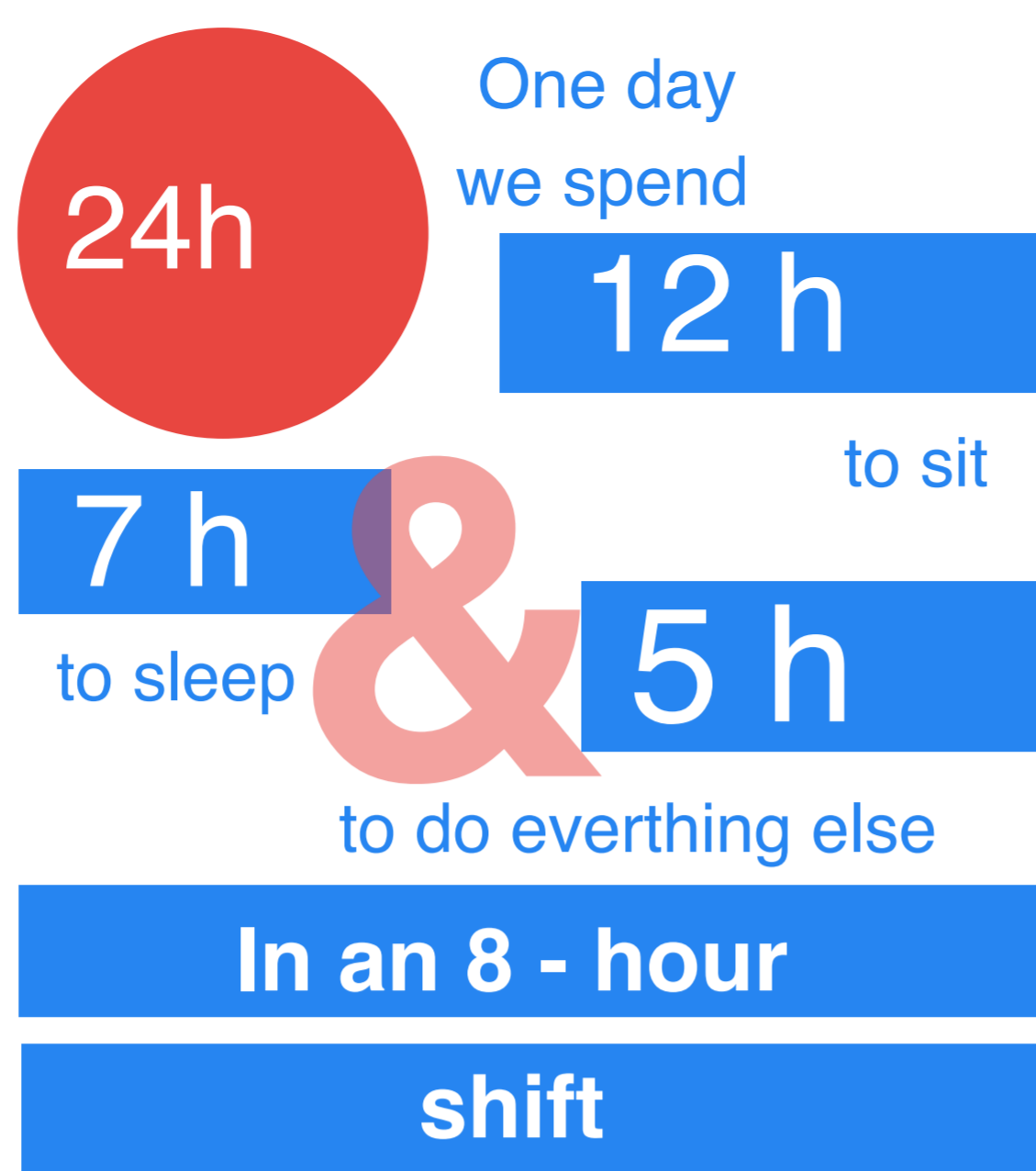


Pros

Conventional comfort preventing achy legs

Cons

Puts pressure on your spine and promotes obesity



Standing alone burn **1530 calories**

While sitting down, you burn **1176 calories** that means **354 calories**

less than standing. The risk of cardiovascular disease drops by 50% in people who stand up often.

On average, we spend up to 12 hours a day sitting down! How to stay active you asked? Well if you can't afford to spend money on gym membership and commit to your plan.

At work

Getting up and walk around for a few minutes can do your health a huge favor.

Take every opportunity you have to move those feet! If your work place have an elevator, get up and walk around.

If you are going to lunch, walk to the cafeteria or the restaurant.

! If you have to give a speech, don't just stand there, walk! It helps your speech feel better too.

Ever heard of chair yoga? Now you do. Look it up and challenge your co-worker with a few poses. That would lighten up the heavy office atmosphere.

At home

Do you have a pet at home? Take your pet for a walk. Great way to exercise and build your pet's trust.

Do your own gardening. Come on get outside! Get your hands dirty!

Instead of giving your kids an iPad and let them play with it, bring your kids to a park or teach them a new sports.

While you are on your phone, walk around the house or up and down stairs while you talk on the phone.

While you're out and about

Park your bike or car at the far end of the parking lot and walk to the store.

Take your time to idly walk down every aisle of the store.

When you are waiting for your flight or bus, walk up and down the station.

If you have to sit in a transportation for long hours, you can take a walk every few hours when the bus stops, or walk up and down the aisle of the plane.

Studies have shown...

We have a better ability to concentrate whilst being seated. However, this ability is reduced for every hour of continual sitting.

Just getting up once an hour to stretch or walk around the office is better than sitting for hours on end in a chair