



# SIT. STAND. SWITCH.

Change how you work every **30** minutes



## A body in motion stays in motion.

In other words? You need to periodically sit down, stand up and move around throughout the day.

By switching from one posture to another frequently, you get all the benefits of movement and mitigate the risks associated with inactivity.

Research suggests that sitting for extended periods slows your metabolism and raises your risk for obesity, cancer, diabetes, heart disease and early death. But as any retail worker or waiter can tell you, being on your feet all day can be hard on your circulatory system, legs, feet and back too. The idea is balance.

### *How should you begin the sit-stand switch?*

Start slowly. Stand for short periods – 5 minutes per hour, then 10 minutes, and so on until you work up to longer intervals throughout the workday. As a benchmark, you should change your position every 30 minutes, working to reduce workday sitting by half.



*A sit-stand desk is great for your wellness, but what about your posture? There may be a few other areas that need attention.*

Whether sitting or standing, good posture and proper body mechanics are necessary. While sitting, avoid slumping forward, craning your neck out or dropping it down. While standing, keep the knee joint relaxed, not locked. Wear supportive shoes and cushion feet with a mat. Fidgeting is good, and if possible, make bigger movements such as light stretches at your desk.

To prevent falling back into sedentary bad habits, you might want to consider giving yourself regular reminders to change posture. For instance:

**Set a digital alarm or kitchen timer to ring at 20–30 minute intervals.**

**Use a Fitbit or other wearable device that tracks activities and reminds you to move.**

**Try an app such as SitStandCOACH or Rise & Recharge, that messages you to stand or to sit at intervals you've set.**

Tell us about your unique sit-stand story.



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