

# Health tip: Stand for health

Whether it's time spent working (in the office, school or home), driving, eating or watching TV, the impacts of our sedentary lifestyles may be one of the most unanticipated health threats of our modern time.

## Standing facts to know.<sup>1</sup>



The amount of time the average person is sitting (aka sedentary) a day.



3.2 million deaths a year are related to physical inactivity.



The 4th leading risk factor for global mortality is physical inactivity.

The term "Sitting Disease" has been coined by the scientific community and is commonly used when referring to the ill-effects of an overly sedentary lifestyle.<sup>1</sup>

According to the Mayo Clinic, prolonged periods of sitting is associated with numerous health concerns, including elevated blood pressure, metabolic syndrome, and an increased risk of death by cardiovascular disease or cancer.<sup>2</sup>

Current research is showing that any form of extended sitting, such as at a desk, in front of a screen, or at a wheel, is harmful to the body. An analysis of 13 studies that reviewed sitting time and activity levels found that those who sat for more than eight hours per day with no physical activity had a risk of dying similar to the risks of dying by obesity and smoking.<sup>2</sup>

Even if you engage in the recommended 150 minutes of moderate to vigorous physical activity per week, you may still experience the negative impact of too much sitting.<sup>1</sup>



### Try a new approach<sup>1</sup>:

Alternate between sitting and standing every 30 minutes for improved health.

## Benefits of standing and moving more<sup>1</sup>:

- Reduce major health risk factors
- Support bone health and reduce the risk of osteoporosis
- Enhance brain power and improve mood state
- Burn calories and tone body composition
- Improve circulation
- Aid in pain relief

## Changes to help reduce sitting time<sup>2</sup>:

You can make small changes that may reduce your sitting time. For example, you can:

- Take a break from sitting every 30 minutes
- Stand while talking on the phone or watching television
- Do a light workout while watching TV or stand or stretch during commercial breaks
- Park farther away from where you are going
- Stand or walk during conference calls and meetings
- Stand up or take a walk during phone calls
- Make shorter meetings “standing” meetings, if you are the organizer
- If you sit at work try a standing desk, or take a 1- to 2-minute break every hour to stand or walk around
- Take the stairs

<sup>1</sup> Just Stand, [www.juststand.org/the-facts/](http://www.juststand.org/the-facts/), accessed October 2021.

<sup>2</sup> Mayo Clinic, [www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005](http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005), accessed October 2021.

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