

When you sit

VS

When you stand

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...the risk of cardiovascular diseases increases by **40%** over time

...the enzymes that help break down fat **drop by 90%**

...without interruption for more than **6 hours**, you counteract the effect of 60 min of physical exercise

...and actively move around, you can reduce the risk of cancer **by up to 25%**

...you burn up to **50% kcal more** per hour compared to sitting

...your muscle activity is almost **2,5 times higher** than during sitting



Did you know?

Your healthy lifestyle starts at work.
Time to stand up.

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