

When you sit **VS** When you stand

Source: Mayoclinic.org | NationalJournal.com | GetBritainStanding.org | Jnci.oxfordjournals.org | Powered by LINAK®

..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.