The 2010 American Cancer Society study published in the *American Journal of Epidemiology* followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming results:

- Women who were inactive and sat over 6 hours a day were 94% more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours daily were 48% more likely to die than their standing counterparts.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

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In 2010 the University of Queensland, Australia, School of Population Health reported, “Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.”

### “Sitting Disease” by the numbers

Our modern sedentary lifestyles, both at home and in the workplace, are costly for us and for our employers.

Average hours of seated commute + average hours of seated homelife = too much sitting!

A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

### 94% more likely to die

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Full-Time Employees of Large Companies Wish They Didn’t Spend Most of Their Working Hours Sitting *(Ipsos study)*

67% of U.S. office workers wish their employers offered them desks that could be adjusted so they could work either seated or standing. *(Ipsos study)*

Standing a little more each day tones muscles, improves posture, increases blood flow, ramps up metabolism and burns extra calories. Join the Uprising at www.juststand.org