

STandUpForFitness



An office employee spends on average:



8 hours
at a desk



8 hours
sleeping



3 hours
in front of TV or Internet

not to mention the hours spent eating, travelling etc....

TOTAL
Approximately 19 hours
of sedentary lifestyle!

OUR BODIES ARE MADE TO MOVE!

Standing allows your body to adjust and move easily, flexing your muscles continuously. It keeps your blood circulating well. All this keeps your blood sugar better regulated and keeps your blood pressure lower. Standing up lets you live longer.



OUR BODIES ARE MADE TO BE ON THEIR FEET NOT ON THEIR BACK SIDES

Even if you exercise for one hour a day, there is mounting evidence that shows this simply is not enough to counterbalance all the time we spend sitting down.



WHO WOULD HAVE THOUGHT THAT
STANDING UP
WOULD HAVE SO MANY BENEFITS?

THE SUGGESTION?

STAND UP FOR 5 MINUTES EVERY HALF AN HOUR

Talking on the phone – STAND UP
Communicating with a colleague – STAND UP
During a meeting – STAND UP
After a meal – STAND UP

It may take some getting used to at first
as Old habits die hard,
but this is a habit that makes YOU
die hard!

STUFF, STand Up For Fitness!



For more information or a pop up reminder request on your computer,
please contact bex@backtohands.com