

Stand Up For Your Health

WHY SITTING IS BAD FOR YOU

Did you know that sitting for prolonged periods....

Slows Your Metabolism



Prolonged sitting can slow down the body's metabolic rate which is why it's been linked to weight gain, high blood pressure and obesity.



Increases Risk of Diabetes

Sitting down for most of the day will impair our body's ability to handle blood sugar, causing a reduced sensitivity to the insulin, which can lead to diabetes.

Causes Back Problems

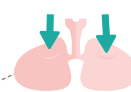


One of the most common problems associated with sitting is back pain and aches, inflexible spines, and disk damage.

Deteriorates Muscles



Sitting doesn't use any of your ab muscles meaning they can go unused for hours at a time and soften, making you less flexible, strong, and balanced.



Squashes Your Organs

Extended periods of sitting combined with bad posture squashes our insides, making it harder for the blood to reach our vital organs.



Causes Leg Disorders

Sitting can cause blood to pool around our ankles, eventually leading to swollen feet, varicose veins, and potentially blood clots.



And it's a big issue

Studies have shown that many of us now spend up to 12 hours a day on our derrières

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