

## Sit-to-Stand Desk

Have you ever thought about sit-to-stand desk in your office or in the conference room? Or getting a treadmill desk? New research is showing that sitting down for extended periods is as detrimental to our health as smoking or over-exposure to the sun. This study showed that the relationship between sitting and all health causes of mortality was strong, even if people are meeting the minimal physical activity guidelines. One way to stop this is to stand at work.

Please read the following article. It is a great example of how some business professionals are changing their behavior at work. If you are interested in seeing a sit-to-stand desk come check out the one I have in my office.

<http://www.kansascity.com/2013/05/31/4267121/more-employees-stand-up-for-their.html>



**“What fits your busy schedule better,  
exercising 30 minutes a day or  
being dead 24 hours a day?”**

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