SITTING DISEASE - DID YOU CATCH IT?

How Sedentary is the typical American Adult Each Day?

- Sedentary 21 Hours
- Active 3 Hours

Hours Sedentary

Active/Standing
eating
on home computer
Leisure TIME
watching TV
sleeping
sitting at work

Sleeping – 8 Hours

Sitting at Work 7.5 Hours

Watching TV 1.5 hours

Leisure Time 1.5 Hours

On Home Computer 1.5 Hours

Eating 1 Hour

Active/Standing 3 Hours

Sitting is Ruining your Health

Excessive Sitting can lead to:

- Obesity
- Heart Disease
- Diabetes
- Musculoskeletal problems
- Early Death
- Reduced ability for the body to burn fat

(WebMD,2014)

Americans Hate Sitting So Much They Would Rather

- Go without coffee for a week 30%
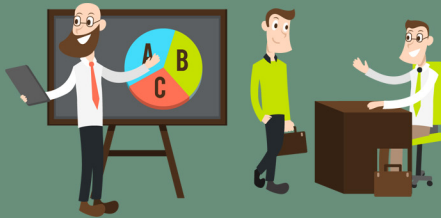- Give up social media for a week 24%
- Visit the doctor or dentist 19%
- Give up a vacation day 11%
- Work a 14-hour day 9%

(ErgoTron, Inc., 2013)

How U.S. Employees Are Affected

- Upon starting a new desk job, people gain, on average 16 lbs within 8 months
- Over 60% of employees surveyed were convinced they would be more productive if they had the option to stand
- 67% of workers wish their employers offered them adjustable sit-to-stand desks
- 3 out of 4 full-time employees of large companies wish they didn't spend most of their workday sitting **(Ipsos, 2010)**

How Can Employers Fix This

Encourage employees to take short breaks every 45. min. to walk or stretch

Suggest employees to do more activities while standing (phone calls, meetings, eating).

Offer the option of a standing workstation.

Create fitness challenges to increase daily activity.

WANT TO IMPROVE THE HEALTH OF YOUR ORGANIZATION?

By creating a new culture of health and investing in the wellness of employees, you can improve productivity, boost employee morale, decrease healthcare costs, and can potentially increase the profitability of your company. Learn how we can help you get started.

ONE STOP
WELLNESS