

# Do You use a Standing Desk? Are they a great Health Hack? Sales of standing desks have soared in recent years; in many cases their sales have far outpaced those of conventional desks, but do they work. I personally like them.

**Some say that sitting is the new smoking. They also suggest that sitting at your desk for eight hours (or more) per day will put body weight on you and that it puts recurring pressure on the base of your spine, leading to long-term issues, like chronic back pain and, in extreme cases, herniated disks. It does make sense but is it true.**

**You would think that standing all day would burn more calories. Unfortunately a study found that standing for 3 hours burned 24 more calories than if someone was seated during that time [Journal of Physical Activity and Health](#). [WebMed](#) suggest that standing burns 60+ more calories per hour but they do not list the study. So until I see more studies I suggest that standing will not really help you lose weight, but there are other important health benefits. Studies suggest that after a meal blood sugar and lipid levels return to normal faster on days a person spends more time standing. Other studies suggest that standing more than sitting may reduce the risk of shoulder and back pain. Unfortunately rigorous studies of standing desks have not yet been performed. Interestingly, a study of call center employees with standing desks were 45% more productive on a daily basis than employees who sat during their shift according to [WebMed](#).**

**The real health impact of a standing desk is not certain. Like other health changes ease into it slowly because there could be side effects like sore feet, loss of concentration, and even back pain which studies show in the long run can improve from standing. Experts recommend that you switch to an adjustable standing desk and shoot to stand for at least half of your workday. This might be too much for some so I suggest shoot for 25% of your day. Standing all the time is not recommended.**

## DO YOU/CAN YOU DO THIS? SHORT WELLNESS SELF-CHECKS

The Right Way to Stand  
Best way to use a standing desk is to stand for a while, sit, then stand again. Do this several times throughout the day. To start, stand for just 30 minutes at a time, a few times a day.

Make sure you are properly aligned. Your head, neck, and spine should be in a straight line when you stand. And your elbows should form a 90-degree angle when your wrists are flat on the desk. Put your computer monitor at eye level. Wear comfortable shoes with no heel or a low one. Stand on a cushioned mat for more support. Make sure you do not lock your knees. You can put one foot up on a stool at times. As always there is no best posture, but this is probably better than most. Rather your next posture is your best posture :)