

**DO YOU/CAN YOU  
DO THIS?**

**SHORT WELLNESS SELF-  
CHECKS**

**Do you Do too much  
Standing? Do you Do too  
much Sitting?  
What is the right amount?**



**Studies show**

people who sit more  
than 8 hours a day  
experience higher risk of

certain types of cancers  
heart disease  
diabetes

**Bottomline:** You should be  
standing for at least 30  
minutes per hour to get  
health benefits, but do not  
stand all the time. Ideal sit-  
stand ratio lies somewhere  
between 1:1 and 1:3

Standing is suppose to be good for you. They say that the sitting is the new smoking. But how long should you stand. Some think they have to do it all day long. That is not the case. Research shows that people should be standing for at least 30 minutes per hour to get health benefits, but do not stand all the time. University of Waterloo's Department of Kinesiology, has found that the ideal sit-stand ratio lies somewhere between 1:1 and 1:3. In their study they found 50 per cent of participants developed low back pain when asked to stand at an ergonomic desk for two consecutive hours. None of the participants were previous back pain sufferers. Therefore it is good to stand but not all the time. The key to avoiding back pain while still reaping the benefits of standing, is to move early and move often the researchers suggests. As I always say your next posture is your best posture. See Article.

**Self-checks: Solving problems before they happen.**