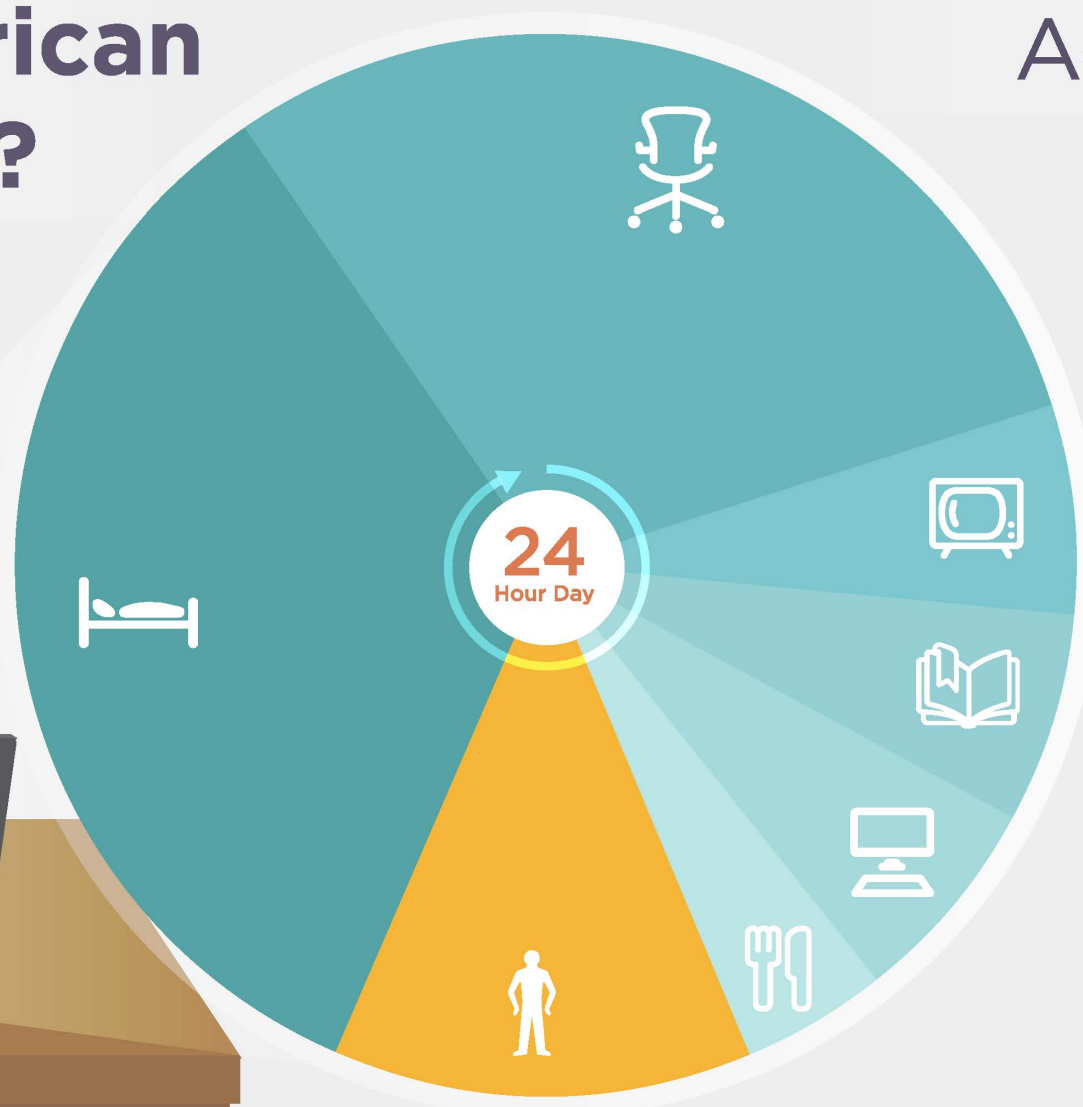


# SITTING SO MUCH SHOULD SCARE YOU

People across the U.S. are sitting almost all day, living an excessively sedentary lifestyle. They don't like it, they know it's bad for them, but they are doing it anyway.

## How Sedentary is the Typical American Each Day?

Sedentary **21 Hours**  
Active **3 Hours**



- 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 Can Be Uncomfortable

Disrupting Workflow, Focus & Productivity

85% take breaks at work for symptom relief.

This loss in productivity ranges from:

1-15 minutes	36%
16-30 minutes	26%
31 minutes to an hour	18%
1-2 hours	4%

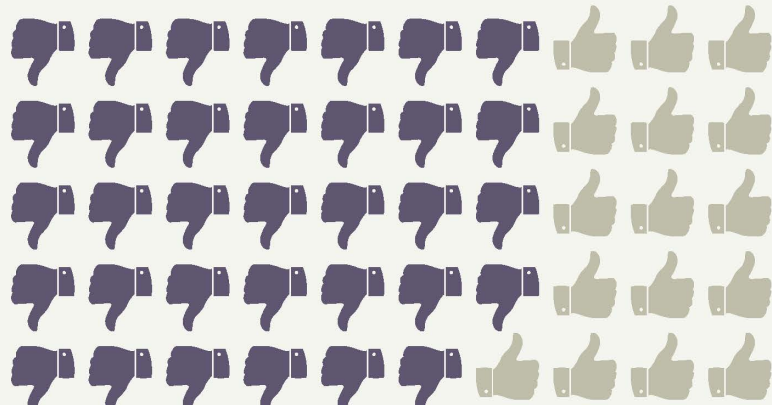


16% say they have a pre-existing medical condition that is exacerbated by long periods of sitting

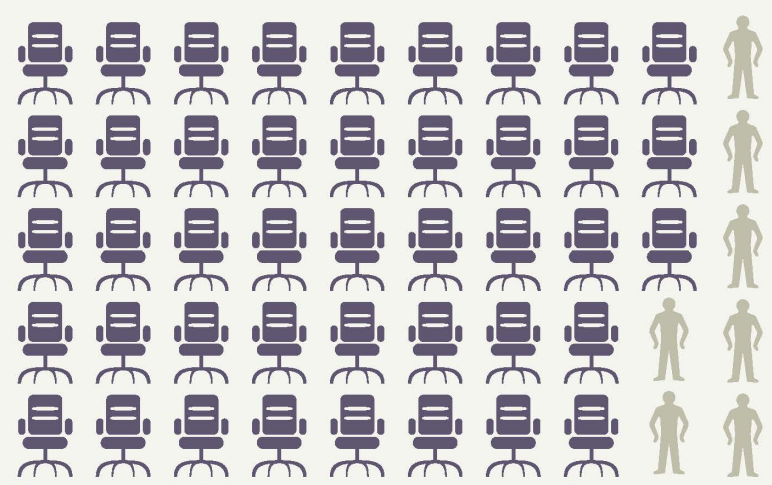
### The Top 5 Most Common Excuses For Breaks:

- 1 Going to the bathroom 92%
- 2 Getting a drink 80%
- 3 Stretching 64%
- 4 Going to the printer 61%
- 5 Getting food 56%

67% of Americans Hate Sitting



86% of Americans sit all day at work



### Americans Hate Sitting So Much, They Would Rather:



53% would rather stand more while working than do 30 minutes of cardio a day

## SITTING EPIDEMIC:

We are sitting up to 13 hours a day and research suggests it's wreaking havoc on our health.



It's called Sitting Disease. Daily exercise is not enough to counteract excessive sitting. If you are physically inactive, you are at "significant risk"; and if you are physically active, you're still at "high risk."



Key fat burners shut off the minute we sit. Every 2 hours spent just sitting reduces blood flow, raises blood sugar and drops good cholesterol levels by 20%.



Excessive sitting is cited as a key risk factor in 4 of the top 7 U.S. killers: heart disease, stroke, diabetes and some cancers. It is also linked to obesity and early mortality rates.

96%

would be willing to stand more to improve their health or life expectancy



### THE REMEDY: SIT LESS. STAND MORE. START NOW.

- ▶ American Medical Association recommends alternative means to prolonged sitting like standing desks, exercise balls and treadmills.
- ▶ Centers for Disease Control indicates adjustable sit-to-stand products are an effective solution for reducing prolonged sitting.
- ▶ American Cancer Society recommends all public health messages should include both being physically active and reducing time spent sitting.
- ▶ Research shows if people sat 3 hours less a day, it would add 2 years to the average U.S. life expectancy.



Calculate your risk for sitting disease with the JustStand® Sitting-Time calculator

**JUST STAND .ORG**

### Ergotron JustStand® Index

- Americans who are aware of sitting disease **7%**
- Americans who believe sitting too much could lead to early death **74%**
- Americans who believe they could be at risk for sitting disease **48%**

The Ergotron Consumer survey was fielded by independent panel research firm Research Now from June 21 to June 25, 2013. The responses were generated from a survey of 1,000 people who self-identified as full-time employees. All respondents are age 18 or older and living in the continental United States. The margin of error for the survey is plus or minus 3.1 percent.

