Defeat the Seat

Recommendations for Sit to Stand Workstations

Why Stand?

- Improves metabolism, burning up to 20% more calories as compared to sitting.
- Can help lower cholesterol.
- Increase productivity, creativity and alertness.
- Alternating between sitting and standing can reduce built up pressure between the vertebrae and help improve circulation.

“Your next posture is your best posture”

Changing positions throughout the day is the best way to off-set the effects of a sedentary work life.

Sit to Stand Desk Recommendations

- As with any new exercise or movement program, ask your healthcare provider if it is right for you, especially if you have pre-existing health conditions that could be aggravated by prolonged standing.
- Start by making certain tasks “standing tasks”, i.e., phone calls, or checking email.
- Consider having an alternative pair of shoes for foot comfort.
- Give yourself time to build up your stamina as its hard work – no more than 2 hours/day to start.
- Alan Hedge (Cornell University) recommends the following schedule/30 minutes:
  - 20 minutes seated
  - 8 minutes standing
  - 2 minutes moving
- Consider ergonomic standards like keeping your neck vertical (computer at same height), hands and wrists parallel to the floor, slight bend in the knee when standing/90’ angle when seated, and tall posture through the spine. (UC’s EH&S office can evaluate your workspace call 556-4968 for details).

Want more information? Request a Work Well session from the Be Well UC team. We can discuss sit to stand work stations and a variety of other topics. Visit http://www.uc.edu/hr/bewelluc/workwell to schedule your 15-60 minute session.