The 2010 American Cancer Society study published in the American Journal of Epidemiology followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming findings were:

Women who sit more than 6 hours a day were

94%

more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day.

Men who sit more than 6 hours a day were

48%

more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

**WHY STANDING IS THE SOLUTION:**

STANDING DESKS HELP CURB OBESITY AND GET KIDS MOVING.

- Normal weight kids **BURN BETWEEN 15-25% MORE CALORIES** at standing desks.
- Obese kids **BURN BETWEEN 25-35% MORE CALORIES.**
  
  *(Dr. Mark Benden, Texas A&M)*

- Kids are **MORE ENGAGED** in a standing classroom.
- Standing **PREVENTS ORTHOPEDIC DEGRADATION AND DYSFUNCTION** including back and neck pain, repetitive stress injuries, pelvic floor dysfunction, and knee and hip disorders.
- Standing desks **CREATE THE FOUNDATION FOR A MOVEMENT-RICH ENVIRONMENT,** and as one researcher put it, physical activity is cognitive candy.
  
  *(Source: http://www.mndf.org/1660-4601/1/19/9361 and www.mobilityworld.com)*

_Sources:_

- Dr. James Levine of the Mayo Clinic, and author of _Get Up! Why Your Chair is Killing You and What You Can Do About It_
- 2010 Survey by Kaiser Family Foundation
- Generation Q2: Made in the USA of 8-11 Year Olds

Kids are spending nearly

75%

of their waking hours in sedentary positions.

(Source: Dr. James Levine of the Mayo Clinic, and author of _Get Up! Why Your Chair is Killing You and What You Can Do About It_)

StandUpKids.org