

stand up kids

The average U.S. student is sitting at school an average of **4.5 HOURS/DAY**



(for kids ages 8-18) an additional **7 HOURS/DAY** in front of a screen, regardless of socioeconomic status

(Source: 2010 Survey by Kaiser Family Foundation - Generation M2: Media in the Lives of 8-18 Year Olds)



The problem is so bad that medical experts now **EQUATE SITTING WITH SMOKING**, because prolonged sitting will shorten your life, just like smoking. Sitting as little as **2 HOURS** continuously, increases risk for:

- HEART DISEASE,
- DIABETES,
- METABOLIC SYNDROME,
- CANCER,
- BACK AND NECK PAIN (among other orthopedic problems)

(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)

Kids are spending nearly **75%** of their waking hours in sedentary positions.

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

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



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.mdpi.com/1660-4601/11/9/9361> and www.mobilitywod.com)