Sitting All Day?

A Silent Threat to Modern Health

Too much sitting can cause the following:



- Cardiovascular disease
- Risk of colon cancer
- High blood pressure
- Osteoporosis
- Diabetes
- Obesity

Source: WHO

> Sedentary work is defined as light duty work that involves **sitting for most of the day**, but may include standing and walking for up to two hours each day.



The average worker sits for around **7.5 hours a day**.



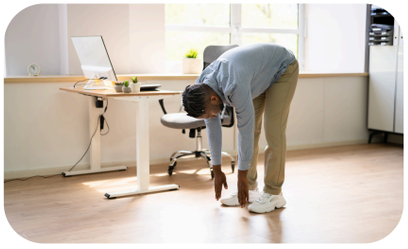
What happen when you stand more?

- Enhanced productivity.
- Improved mood and satisfaction.
- Reduced pain and discomfort.

Six Ways to Reduce the Negative Effects of Sitting



Consider stand-up desks.



Stretch your body.



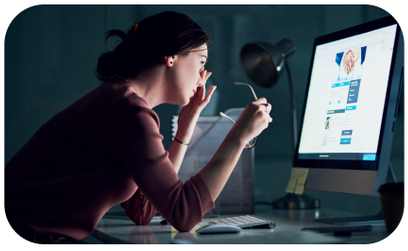
Take the stairs.



Drink more water.



Take a walk regularly.



Limit your screen time.



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