

Office Workers, “Take a Stand” for Health!

New research published in the *British Journal of Sports Medicine* links **prolonged periods spent seated with a heightened risk of serious illness and premature death**.¹ Office workers should break up periods of prolonged sitting until they're **on their feet 4 hours a day**. Increasing the amount of time that people stand could be a more achievable goal than encouraging more daily exercise, the researchers said in a journal news release.

- **Sit stand desks:** Aside from taking regular walks throughout the workday, desk-bound employees could ask for sit-stand desks or workstations that raise up and allow them to stand. "The evidence is clearly emerging that a first 'behavioral' step could be simply to get people standing and moving more frequently as part of their working day," the researchers noted. Increasing the amount of time that people stand could be a more achievable goal than encouraging more daily exercise.



However, "Most people, 70%, leave the standing desk parked in a sitting position," J.P. Labrosse, CEO of the furniture company Stir, said at a recent office furniture trade show. In response, Stir created a **desk that can be programmed to prod users to stand up with soft vibrations**. The desk's technology gets to know its users in about 20 days. It then uses data to pinpoint when users are more likely to respond to reminders and stay on track with their goals for standing up.²

- **MOGO stool:** Another option to get office workers to “take a stand” is to use a **one-legged MOGO stool**, Available from Focal Upright, that **allows a person, in particular, those with back issues, to lean back from a standing desk in a neutral pose — not fully seated and not fully standing**. The stool's seat cushion is designed to accommodate the natural curvature of the buttocks.



Among the panel's other recommendations for office workers:

- **Move around.** Standing in one place for too long can also have harmful health effects. Changing your posture or position, or going on a brief walk can reduce the risk for musculoskeletal pain and fatigue.
- **Employers can warn their staff** about the health risks associated with prolonged sitting or being sedentary both in the office and at home.
- **Employers can invest in the health of their staff** by designing working environments that encourage more activity.

¹ [British Journal of Sports Medicine, news release, June 1, 2015](#)

² [Innovative desk makers take a stand against sitting at work](#)