



Get up and save
on your health
account!



AUGUST - SITTING VS. STANDING

The latest 10-15 years of research clearly demonstrate that our body physiology is significantly altered when we sit compared to when we engage in physical activity. Prolonged periods of sitting present challenges that cannot be offset by exercise later on.

While sitting, our body enters a state of reduced activity where oxygen flow and supply to our body are limited due to muscle inactivity. This implies that prolonged sitting can pose an equally significant health risk to our body as smoking does, leading to the phrase "sitting is the new smoking".

Take the first step towards a healthier lifestyle by simply standing up and enjoying the benefits of being upright instead of sitting!

- 1** By simply standing up and maintaining an upright posture throughout the day, you can boost your metabolism and burn up to 45% more calories per hour compared to sitting.
- 2** When you choose to stand, you also enhance blood circulation in your legs, reducing the risk of uncomfortable stiffness, swelling, and blood clots. You'll experience increased energy levels and improved mobility throughout the day.
- 3** Consider it an opportunity to activate multiple muscle groups in your body. Opting for standing over sitting helps combat muscle weakness and prevent muscle loss. You'll develop and maintain a stronger, more toned physique that not only looks great but also enhances your overall strength and vitality.
- 4** Weight-bearing activities like standing have a positive impact on your bone structure. By incorporating more standing into your routine, you stimulate your bones and maintain optimal bone density. It's a fantastic way to fortify your skeletal framework and minimize the risk of bone-related issues in the future.

You already experience these benefits just by standing up, but if you integrate more movement, such as cycling or walking, into your daily routine, you will reap even greater advantages. While we save up for retirement throughout our lives, now is the moment to invest in our health account, allowing us to allocate our resources toward what truly matters to us. Take the initial stride toward a more fulfilling lifestyle today and commence constructing a healthy and active future!