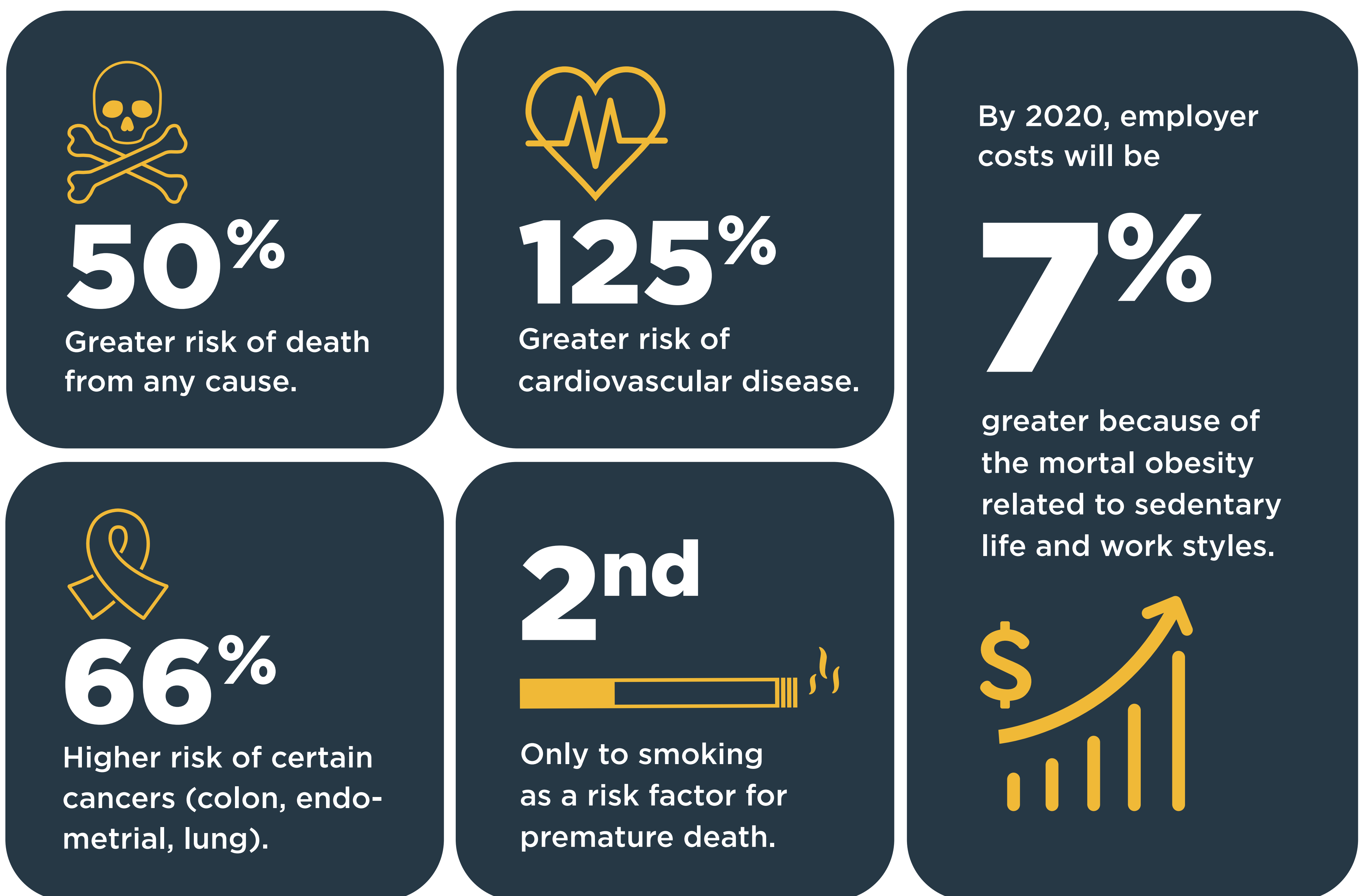


# Sitting is the New Smoking

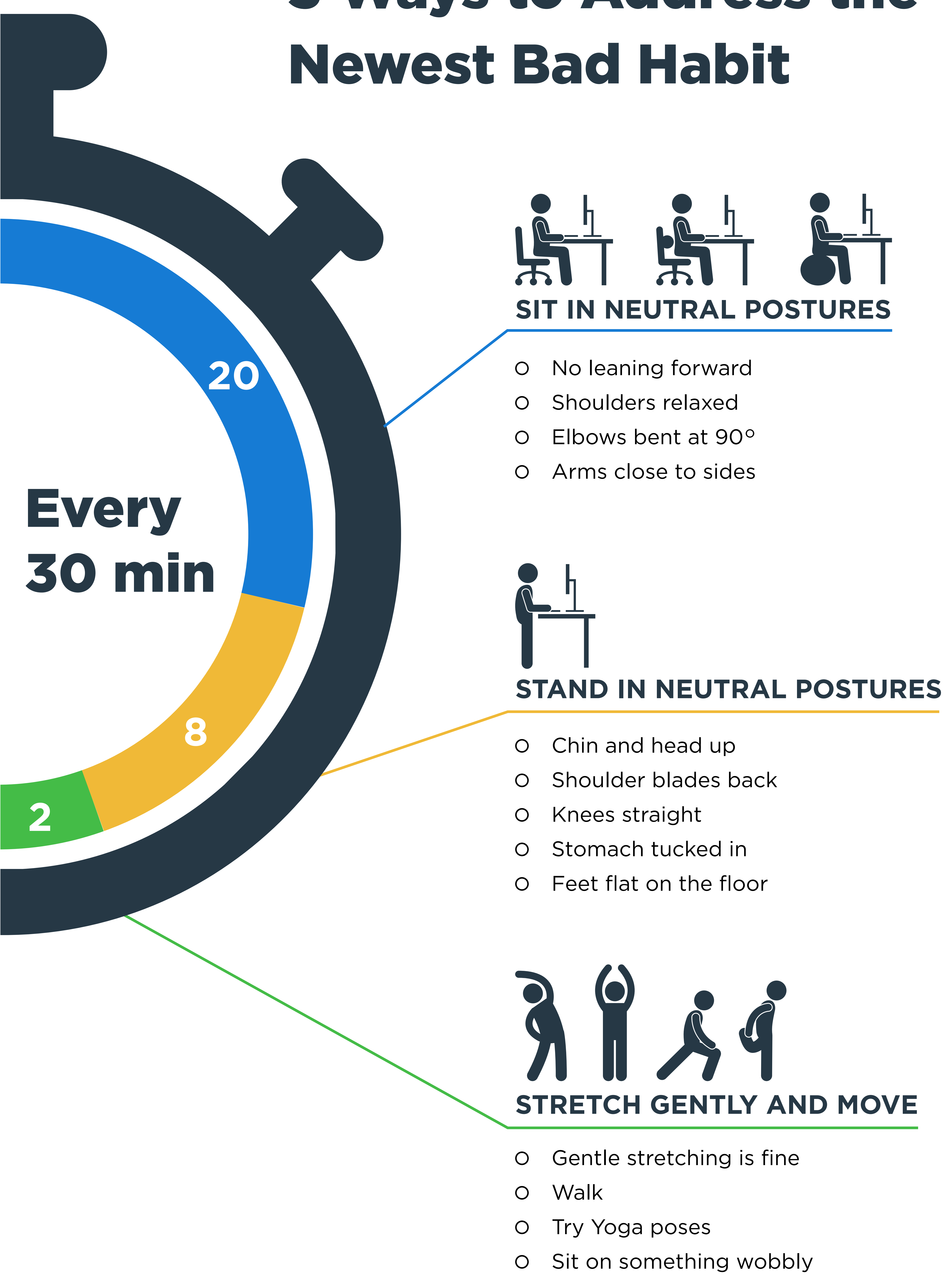
Sitting may be worse for your employees' health than smoking.

We now have a culture of sitting— at home, on the road, *but especially at the office*. The average person sits **8hrs a day**.

And there's a cost to both the employer and the employee:



## 3 Ways to Address the Newest Bad Habit



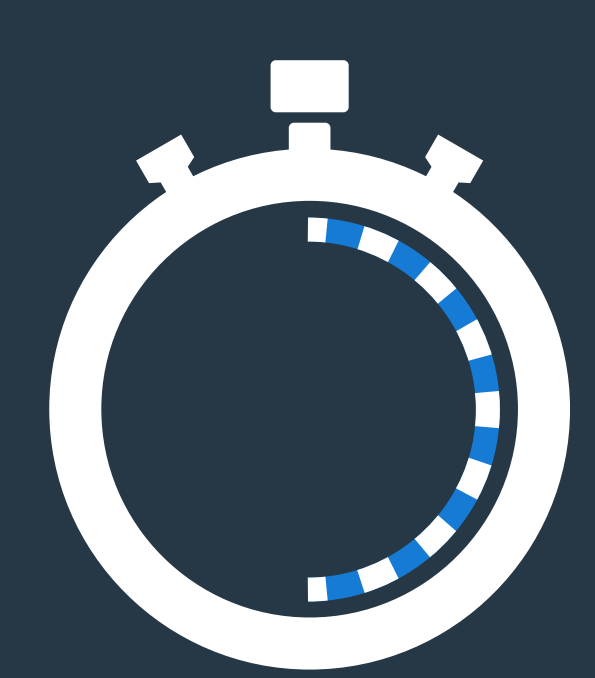
You'll create a 7.5 hour workday that looks like this:



**5 hrs**  
**Sitting**



**2 hrs**  
**Standing**



**30 min**  
**Moving**

16 sit-to-stand transitions

**Sources:**

- <http://ergo.human.cornell.edu/CUESitStandPrograms.html>
- <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>
- <http://time.com/2884953/sitting-can-increase-your-risk-of-cancer-by-up-to-66/>
- [https://well.blogs.nytimes.com/2016/07/27/being-unfit-may-be-almost-as-bad-for-you-as-smoking/?\\_r=0](https://well.blogs.nytimes.com/2016/07/27/being-unfit-may-be-almost-as-bad-for-you-as-smoking/?_r=0)