

Home Office Computer Desks That Could Save Your Life

We're not saying that you have to stand all the time either; a standing desk allows you to move between sitting and standing with ease.

Over the last couple of years, some alarming data may have come to your attention that suggests sitting down for long periods of time can have a really negative impact on your health – it could, in fact, be killing you. Sitting for 6 or more hours per day makes you up to 40% likelier to die within 15 years than someone who sits less than 3.

So, how does sitting wreck our bodies?

As soon as you sit, the electrical activity in your leg muscles shuts off, calorie burning drops to one per minute and the enzymes that help break down fat drop by 90%. After two hours, your good cholesterol drops by 20%. After 24 hours, insulin effectiveness drops by 24% and your risk of developing diabetes rises.

People with sitting jobs have twice the rate of cardiovascular disease as people with standing jobs.

On top of this, sitting makes us fat and is contributing to the obesity epidemic that is sweeping the world. 1 in 3 Americans is obese and obese people sit for 2.5 hours more per day than thin people – don't forget that Australia is the 6th fattest country on the list! Sitting expends almost no energy.

How can we avoid these problems?

There has never been a better reason to change up your lifestyle – believe it or not, home office computer desks can help you to achieve this. By switching to a standing desk, you can ensure that you get out of your chair and keep your body healthy (a whole lot more energy will be expended, after all).

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On top of this, you can also make excuses to get up out of your chair. Instead of waiting until you've printed everything, go to the printer to retrieve each document. Take a walk during your lunchbreak – walking burns 3 to 4 times the calories that sitting does, after all.

And when you do sit, it's important that you're sitting correctly. Sitting at a 135 degree angle, for example, puts less strain on your back than hunching forward or even sitting up straight. Although this isn't always possible at work, try it in the car or when sitting around at home.

These days, there can be no denying the impact that sitting all day has on our bodies and our health. Being aware of the health risks can make you committed to making a change, but knowing how to proceed can ensure that you actually go through with it. It's time to update your [office desks](#) to a standing option that enables you to get on your feet for a lot of the day.

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