

# TAKING A STAND AGAINST SITTING

WHY STANDING IS THE SOLUTION



**SITTING** HAS BEEN THE LEADING MODEL FOR LEARNING IN SCHOOLS FOR DECADES. EDUCATIONAL AND SCIENTIFIC COMMUNITIES BELIEVED THAT THINKING AND MOVEMENT WERE SEPARATE ENTITIES. NOW WE ARE DISCOVERING JUST HOW CONNECTED STANDING, MOVEMENT AND THINKING ARE.

## STANDING VS. SITTING

In a University of Minnesota study on standing desks (using the AlphaBetter® Desk), researchers found that by using a standing desk, caloric expenditure increased significantly, and it may be a great way to increase physical activity in children.

*Reiff, C., Marlatt, K., & Dengel, D. (2012). Difference in caloric expenditure in sitting versus standing desks. Journal of Physical Activity and Health, 2012, 9, 1009-1011.*

**350 CALORIES**  
BURNED BY  
**STANDING & FIDGETING**  
PER DAY.

(UP TO)  
**30 LBS.**  
OVER 1 YEAR,  
**350 CALORIES/DAY**  
ADDS UP TO 30 LBS.

## WHY AREN'T KIDS MOVING ENOUGH?

### THE LOSS OF PHYSICAL EDUCATION

**4%** Elementary Schools  
**8%** Middle Schools  
**2%** High Schools

PROVIDE DAILY PHYSICAL EDUCATION

&

### INCREASE IN SEDENTARY ACTIVITIES

**7.5**  
HOURS/DAY  
IN FRONT OF A SCREEN SITTING

U.S. Department of Health and Human Services

2010 survey by Kaiser Family Foundation – Generation M2:  
Media in the Lives of 8-18 Year Olds



**SITTING**  
eating  
breakfast

+



**SITTING**  
riding to  
school

+



**SITTING**  
while at  
school

+



**SITTING**  
eating  
lunch

+



**SITTING**  
doing  
homework

+



**SITTING**  
eating  
dinner

+



**SITTING**  
working on  
computer

## PHYSICAL ACTIVITY AND LEARNING ARE CONNECTED

Standing desks create the foundation for a movement-rich environment, and as one research put it, *physical activity is cognitive candy*.



**MORE  
ENGAGED**



**TEST  
SCORES  
IMPROVE**



**GREATER  
CREATIVITY**



**CLASSROOM  
BEHAVIOR  
IMPROVES**

Dr. Mark Benden - Texas A&M

Allows  
students to  
stand, move  
and fidget

**ALPHABETTER®  
DESK**

Facilitates  
focus and  
burns more  
calories

Empowers  
students to  
live healthier

Creates  
an active  
classroom  
environment

