TAKING A STAND AGAINST SITTING

WHY STANDING IS THE SOLUTION

SAFCO®

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

U.S. Department of Health and Human Services

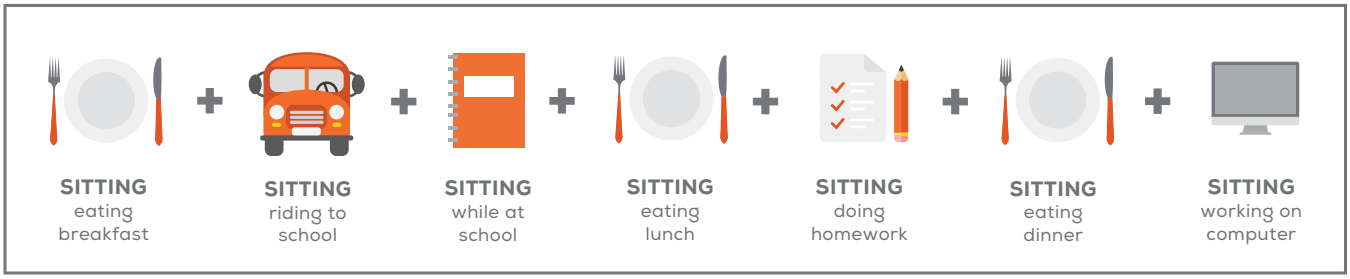
&

INCREASE IN SEDENTARY ACTIVITIES

7.5
HOURS/DAY

IN FRONT OF A SCREEN SITTING

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