

Standing at Work Promotes Better Health

By [RT Engineering](#), guest blogger for ThomasNet

There's no denying the prevalence of sitting. One could even say that sitting is one of the world's favorite pastimes; as popular as sports are, think about how much time is spent seated watching the action. Maybe instead of watching the big game, you're exercising...your (or a friend's) Netflix account, catching up on hours upon hours of TV and movies.



This sitting trend also extends into the workplace. Though people are (hopefully) more productive while working, much of their day is spent seated. In any given 8-hour workday, a desk-based employee can spend up to six of those

hours in a chair. Sitting may seem innocuous, but medical professionals would disagree.

In 2013, the American Medical Association (AMA) adopted several [new policies](#), one of which recognizes the potential health risks of prolonged sitting. Further research concluded that [health hazards of sitting](#) can include poor blood circulation, back and leg disorders, muscle degeneration, and even heart disease and different types of cancer.

If you're reading this while sitting, your first inclination was probably to stand up and consider just how many hours you spend seated; don't feel too bad, though, that thought process will help you get on the right track. According to AMA Board Member Patrice Harris, M.D., "encouraging workplaces to offer employees alternatives to sitting all day will help to create a healthier workforce."

Thankfully, many employers have been open to different sitting options in the workplace. One such option is the treadmill desk—a workstation that's adapted so that the user walks onto a treadmill while performing office tasks. This is to fight against the sedentary life (without physical activity) commonly associated with working a desk-based job.

That's right; some workers try to double up on their health benefits by standing and exercising simultaneously. Although there are dedicated followers of this practice, the treadmill desk can be difficult to use. Some people might focus more on not falling off the treadmill than actually getting work done.

A [recent study](#) from the American Journal of Preventative Medicine focused on another sitting desk alternative: the height-adjustable workstation. This particular option was found to significantly reduce the amount of time spent sitting in the workplace, thus reducing the risk of related health hazards. Height-adjustable workstations can provide a healthy blend of sitting and standing, giving workers freedom to easily switch between the two.

RT Engineering is a strong proponent of ergonomics in the workplace; this point is emphasized by the [item Industrial Workbench Systems](#) we provide.



These products are designed to cultivate a more productive working environment and one where you're less prone to develop serious ailments. If you feel you've been sitting too long, just stand up and bring your workstation to a comfortable height with a touch of a button. You can also integrate other solutions into the Workbench, for even more flexibility.

No matter which product you use, what's most imperative is your health. Taking the time to stand at work (and at home, too) can combat the dangers of sedentary living. Will you stand up for a longer, healthier, at most importantly, a happier life? The choice is yours.

Guest Blogger: [RT Engineering](#)

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