

Benefits of sit-to-stand movement

How we sit, how frequently we stand, and how often we move while working impacts our physical health. Sit-to-stand movement throughout the day benefits us four key ways:



Movement improves blood circulation

Extended stints of sitting can lead to an increased risk for blood clots. Standing up and moving can help counteract this risk by reducing blood pressure and increasing circulation in the body.

Movement improves your metabolism

By moving from a seated position to a standing position, you can kickstart your metabolism. Getting into regular cycles of sit-to-stand behavior will burn more calories per day than sitting.

Movement is good for your back

Moving helps relieve tension in your back and allows your spine to articulate in its healthiest, natural S-curve position.

Movement gives you an energy boost

Changing postures activates the brain and endorphins—improving our focused work, engagement in meetings, and creative tasks.

How often should I move?

Avoid stagnant positions, sitting, or standing for longer than 45 minutes at a time. Aim to move or stand for 10-15 minutes of every hour.