

THE DANGERS OF PROLONGED SITTING

40% increased risk of death in next three years if you sit more than 11 hours a day

Increased risk of depression with longer sitting times

On average, an office worker sits approximately 75% of their workday

High levels of sitting increase your risk of diabetes and heart disease

Neck pain is associated with prolonged sitting

Increased risk of physical injuries if don't change postures regularly

Even short breaks from sitting can reduce your risk

Prolonged sitting doubles the risk of colon cancer

Even if you exercise, high levels of sitting may increase your risk of early death

