[IMAGE]

Take a Stand Against Obesity

By Editorial Staff

Obesity is raging out of control in the United States and worldwide, due in large part to processed foods, sedentary lifestyles and other factors that keep us in the fat-accumulating, rather than fat-burning, mode. But did you know there's an easy way to get you started on the road to good health, regardless of your current weight? You can do it right now while you're reading this article, if you're not doing it already: *stand up*.

obesity - Copyright â Stock Photo / Register Mark According to recent research from the American Cancer Society, people who stand for at least 25 percent of their day are less likely to be obese than those who stand for less time, and the numbers are significant: For men, standing 25 percent of the time reduces obesity risk by 32 percent; the risk reduction rises to 59 percent for men who spend 50 percent of their day standing. For women, the risk reductions are similar: 35 percent lower risk of obesity when standing 25 percent of the day; 47 percent risk reduction when standing for 50 percent of the day. Interestingly, standing for 75 percent of the day reduced the risk even further in women (57 percent), but not in men.

The message is simple: More means less! In this case, more standing means less risk of obesity. Talk to your doctor for more information.

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