

[IMAGE]

## Why It's OK to "Just Stand Around"

By Editorial Staff

In our never-ending quest to get our kids off the couch or out of the chairs they seem perpetually glued to, we might be serving a much higher purpose than merely advocating they "go do something." An increasing body of research suggests the mere act of standing is a significant benefit compared to sitting, so much so that classroom behavior is beginning to be impacted.

As a result, more schools are allowing children to learn while standing – not only to give active, fidgety kids a much-needed escape from the confines of their desk chairs, but more importantly, to ward off the dangerous health consequences of excessive sitting.

pediatric - Copyright © Stock Photo / Register Mark Standing desks are becoming more prevalent in schools, as are allowances for periodic standing during classroom time. It's all part of an effort to get our children to sit less and move more – something adults should take heed of as well, with rising rates of obesity and sedentary-linked health conditions striking people of all ages.

Talk to your doctor, your employer and your children's school administrators about ways to sit less and move more. Between work, sleep and leisure time, there's plenty of time to sit – *too much*, particularly with the advent of technology that keeps us stationary for hours on end. It's high time to do something about it. To learn more about the health dangers of excessive sitting, [click here](#).

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