

[IMAGE]

## Women, Stand Up to Obesity

By Editorial Staff

Obesity is a significant health issue, particularly in the United States, and women are afflicted more than men, with nearly 40 percent classified as obese compared to 34 percent of their male counterparts.

Fortunately, recent evidence suggests a simple suggestion may be great advice when it comes to fighting obesity: standing up more throughout the day.

According to the study by K. Shuval, et al., published in the November 2015 issue of the *Mayo Clinic Proceedings*, women who stood for one-fourth of the day had a 35 percent lower risk of obesity compared to women who stood for less daily time. The more time spent standing, the better the risk reduction: 47 percent lower when standing for half the day and 57 percent lower when standing for three-quarters of the day. For study purposes, obesity was defined as abdominal obesity assessed by measuring waist circumference.

obesity - Copyright â Stock Photo / Register Mark Don't have time to hit the gym; don't like sweating for hours; can't stand the thought of eating vegetables all day? Those are all important elements of a weight-loss plan, but your first step may be the most important - standing up! So find ways to stand up more, stand up for longer periods of time, work standing, and do as much as you can on your feet. Your body will definitely thank you for it. Talk to your doctor to learn more.

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/article.php?id=2213&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=2213&no_paginate=true&no_b=true)