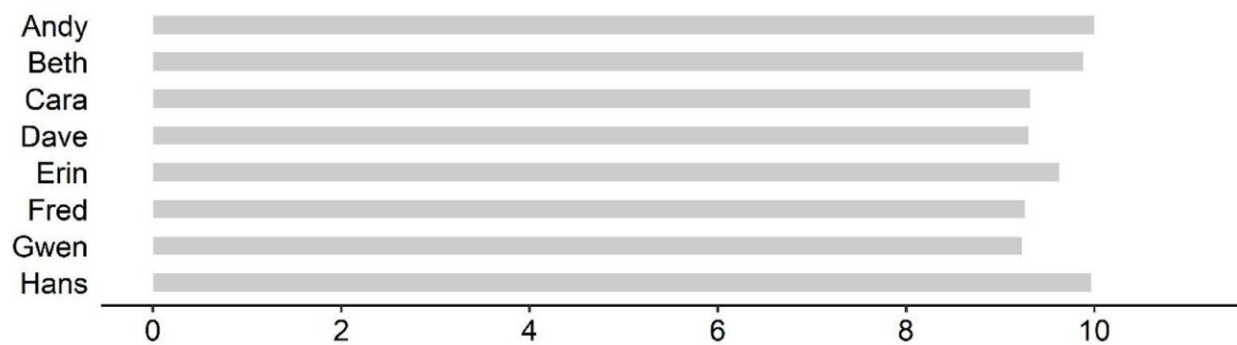


# Finding reasons to stand up and doing it more often improves health, says study

December 20 2022

## A) Total sitting time (h)



## B) Sit-to-stand and stand-to-sit transitions

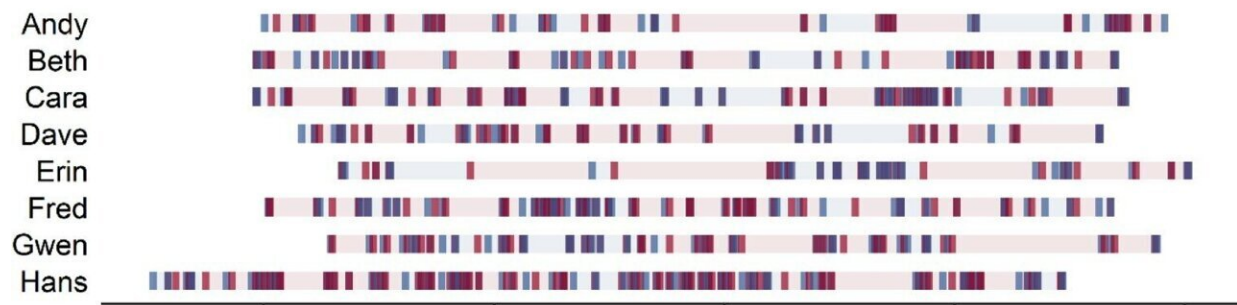


Illustration of two ways to examine sitting behavior. Both panels display the same accelerometry data (i.e., data from eight participants, one single day per participant, from waking up to going to bed; names are pseudonyms; data from; Eversdijk et al., in preparation). (a) Total sitting time in hours, summed over all sitting episodes. (b) Sit-to-stand transitions (blue ticks) and stand-to-sit transitions (red ticks) over the course of the day. Together, these plots illustrate that an analysis of total sitting time overlooks important aspects of sitting behavior (e.g., Erin had several very long stretches of uninterrupted sitting; Hans

showed many sit-to-stand and stand-to-sit transitions). Credit: *Health Psychology Review* (2022). DOI: 10.1080/17437199.2022.2143851

Sitting is the default state in many people's day-to-day lives, with significant health implications—but a smartwatch simply ordering people to stand will not make much difference to their behavior or health, say researchers from the University of Surrey.

The comments come as the Surrey research team publish a study into ways people can reduce long periods of sitting and not moving.

The study recommends moving away from time-restricted solutions to tackle sitting and focusing more on increasing the frequency of situations where people transition from sitting down to standing up.

Dr. Benjamin Gardner, co-author of the study from the University of Surrey, said, "A smart device simply telling someone to stand up is not going to help to build strong and lasting habits that encourage people to sit less. The real trick is finding reasons to transition from sitting and standing and vice-versa more often. In the [office environment](#), it could mean going for refreshments with a colleague or instituting standing-up meetings.

"Our study argues that we must construct strategies that make the reasons why people transition from sit-stand more meaningful and find ways to do those behaviors as often as practically possible."

People in Western countries sit for an average of between 8 to 11 hours. High levels of sedentary (sitting) behavior are associated with severe physical and [mental health problems](#), such as declined cognitive function, [cardiovascular disease](#), and all-cause mortality.

The study has been published by *Health Psychology Review*.

**More information:** Pam ten Broeke et al, Why do people sit? A framework for targeted behavior change, *Health Psychology Review* (2022). [DOI: 10.1080/17437199.2022.2143851](https://doi.org/10.1080/17437199.2022.2143851)

Provided by University of Surrey

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