Sitting no worse for health than standing, UK study claims

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The research found there was no influence on mortality risk for participants from sitting at work, during leisure time or watching television.

The NHS said on its website in advice published last year that there was "increasing evidence" linking excessive sitting with being obese, type 2 diabetes, some types of cancer, and premature death.

It recommends an active break from sitting every 30 minutes, citing expert Professor Stuart Biddle saying: "Sitting needs breaking up."

"Do some tasks standing, like having coffee and chats, or even writing a letter—Ernest Hemingway wrote his novels standing," he added.

More information: Paper:
http://ije.oxfordjournals.org/ ... 0/09/ije.dyv191.full

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