

TAKING A STAND AGAINST SITTING

WHY STANDING IS THE SOLUTION



SITTING HAS BEEN THE LEADING MODEL FOR LEARNING IN SCHOOLS FOR DECADES. EDUCATIONAL AND SCIENTIFIC COMMUNITIES BELIEVED THAT THINKING AND MOVEMENT WERE SEPARATE ENTITIES. NOW WE ARE DISCOVERING JUST HOW CONNECTED STANDING, MOVEMENT AND THINKING ARE.

STANDING VS. SITTING

In a University of Minnesota study on standing desks (using the AlphaBetter® Desk), researchers found that by using a standing desk, caloric expenditure increased significantly, and it may be a great way to increase physical activity in children.

Reiff, C., Marlatt, K., & Dengel, D. (2012). Difference in caloric expenditure in sitting versus standing desks. Journal of Physical Activity and Health, 2012, 9, 1009-1011.

350 CALORIES
BURNED BY
STANDING & FIDGETING
PER DAY.

(UP TO)
30 LBS.
OVER 1 YEAR,
350 CALORIES/DAY
ADDS UP TO 30 LBS.

WHY AREN'T KIDS MOVING ENOUGH?

THE LOSS OF PHYSICAL EDUCATION

4% Elementary Schools
8% Middle Schools
2% High Schools

PROVIDE DAILY PHYSICAL EDUCATION

&

INCREASE IN SEDENTARY ACTIVITIES

7.5
HOURS/DAY
IN FRONT OF A SCREEN SITTING

U.S. Department of Health and Human Services

2010 survey by Kaiser Family Foundation – Generation M2:
Media in the Lives of 8-18 Year Olds



SITTING
eating
breakfast

+



SITTING
riding to
school

+



SITTING
while at
school

+



SITTING
eating
lunch

+



SITTING
doing
homework

+



SITTING
eating
dinner

+



SITTING
working on
computer

PHYSICAL ACTIVITY AND LEARNING ARE CONNECTED

Standing desks create the foundation for a movement-rich environment, and as one research put it, *physical activity is cognitive candy.*



**MORE
ENGAGED**



**TEST
SCORES
IMPROVE**



**GREATER
CREATIVITY**



**CLASSROOM
BEHAVIOR
IMPROVES**

Dr. Mark Benden - Texas A&M

Allows
students to
stand, move
and fidget

**ALPHABETTER®
DESK**

Facilitates
focus and
burns more
calories

Empowers
students to
live healthier

Creates
an active
classroom
environment

