
Subject: Re: Stand Up at Desks
Posted by [johnnycamp5](#) on Tue, 08 May 2018 11:05:32 GMT
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I think that's a good idea and I have also read about this.

If I recall correctly, it was an article titled "sitting is the new smoking".

I had back surgery 18yrs ago. Sitting is definitely not something I can do for more than 10 minutes straight.
