
Subject: Re: Stand Up at Desks
Posted by [Channon](#) on Mon, 28 May 2018 03:56:54 GMT
[View Forum Message](#) <> [Reply to Message](#)

johnnycamp5 wrote on Tue, 08 May 2018 06:05I 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.

I read that article too. More recently, I read something about how just standing at your desk really isn't all that healthy either. It suggested that you need to move for 5 minutes after every 30 minutes of being in (more or less) the same position.
