Subject: Re: Stand Up at Desks

Posted by Floyd on Thu, 05 Jul 2018 00:50:16 GMT

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I have to admit that standing at a desk is not really my cup of tea! I work in retail, and so I am on my feet for most of the day. When I get home and use my computer I just want to sit on the sofa with my laptop on my knee - as I am now!

However, I do enjoy walking in my free time. I actually find standing more tiring than walking.