

Standing may be the answer to better meetings

By Anne Miller, NPR

The secret to more productive meetings? You might simply need to stand up.

This we know, to some degree. Just take as examples the growing popularity of standing desks, which took off after a flurry of reports found that sitting for long periods of time can significantly, negatively, impact employees' health.

That set a pair of professors at the Washington University's Olin Business School, Andrew Knight and Markus Bear, wondering: Should the standing trend expand beyond cubicles? Could it help meetings, too? The academics looked at 54 meetings, each about 30 minutes long (since about 75 percent of meetings run for 30 minutes or less).

Their answer: Yes, yes it could.

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