

Sitting – it's not a healthy choice

By Mary Duenwald, Bloomberg

Many health experts think the most dangerous thing most of us do every day is sit down. Like smoking, they believe, prolonged sitting is deleterious, and not something that can be balanced out by vigorous exercise when sitting time is done.

Dozens of studies have drawn connections between sitting too long and diabetes, hypertension, some forms of cancer (especially in women), anxiety and a generally greater probability of early death. There's also the risk of a weak, flat backside.

It's no wonder then that more and more people are raising their computer monitors to work standing up. But anyone with a dusty big blue ball in the attic knows that unconventional desk trends don't necessarily last.

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