

SIT-STAND WORKSTATION

A RECENT STUDY FOUND THAT NO MATTER HOW MUCH YOU EXERCISE, SITTING FOR EXCESSIVELY LONG PERIODS OF TIME IS A RISK FACTOR FOR EARLY DEATH.

LINK TO FULL ARTICLE [HTTPS://WWW.CNN.COM/2018/11/20/HEALTH/SITTING-STUDY-CDC/INDEX.HTML](https://www.cnn.com/2018/11/20/health/sitting-study-cdc/index.html)

