



# Health Benefits of Using a Standing Desk

Our goal is simply to offer the highest standards of professionalism and service as measured by our safety record, dispatch reliability and customer satisfaction



## WHY DO YOU NEED A STANDING DESK?

Standing desks have revolutionized the modern workspace, offering a range of health benefits for both home offices and corporate environments. Below, we explore the top 10 advantages of making the switch to a standing desk.

SHOP NOW



### 1. Reduces Risk of Weight Gain and Obesity:

Prolonged sitting is linked to weight gain due to decreased calorie burn. Standing increases energy expenditure, helping to prevent obesity and manage weight more effectively.

### 2. Lowers Blood Sugar Levels:

Standing after meals has been shown to reduce blood sugar spikes, particularly important for individuals with insulin resistance or type 2 diabetes. Switching between sitting and standing can lower your blood sugar levels by up to 11%

### 3. Decreases Risk of Heart Disease:

Sitting for extended periods increases your risk of heart disease by up to 90%. Standing helps maintain better blood flow, reducing blood pressure and cholesterol levels, which can significantly improve cardiovascular health.

### 4. Reduces Back and Neck Pain:

One of the most immediate benefits of standing desks is the relief from back and neck pain. Studies have shown a 54% improvement in back pain for workers who alternate between sitting and standing....



30,000

Additional Calorie  
Burn yearly

2 hours

Reduced Sedentary  
Time

147%

Reduced Risk of  
Heart Disease

11%

improved Blood  
Sugar Levels



### 5. Increases Longevity:

Extended sitting has been linked to a shortened lifespan due to the risks of diseases such as diabetes and heart disease. By reducing sedentary time and standing more, you can improve your longevity and overall health outlook.



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