 a month ago I started an experiment using a standing desk in the office here at the BBC now some claim that sitting is so there are a few that it's the new smoking that might be going a bit far but there is evidence that standing ben's extra calories which might protect health in the long-term so the stars are experiments health check Stacey Clements from Loughborough University in the UK to various physiological measurements include my blood pressure bodyFat percentage weight and blood glucose levels now faces comeback to take those measures again and reveal the results has all outstanding make a difference to my health very interesting results with your plan crashing about pressure was a healthy level before anyway that was changed in blood pressure is on for a bit of rain for the near you but he's not going anywhere so you're all property values of a pianist remain the same over the 5 week is putting the next up we've got your body composition so this is the percentage body fat we've got a new body and again they haven't changed and again we passed would expect big changes in just 5 we yes I'm not last because of your normal healthy weight anyway so it is no change in body weight or 40 of the ok what's next on the next result is your blood glucose with old this actually really interesting because the other end you have we seen a reduction in your blood glucose here for this he's a measure of the of sugars the you've got circulating in your bloodstream and

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after 5 weeks your blood sugar levels on lower than a on why not even that doesn't feel as if by putting any extra effort and was that mean if the blood sugar levels the case through if you have high levels of circulating blood sugar that can be a risk factor for diabetes and 30 and leader is evidence to suggest that prolongs sitting can increase the risk of diabetes and your blood sugar levels were in half the range at the beginning of a test which is go anyway but they have reduced slightly for this would suggest that perhaps your risk of suffering from diabetes may be as low word think she's been using the 5th fanfare and why is that is that because you're spending less energy for some reason whilst landing velocity as the oh look look look it is a measure of currently circulating and blood sugars your body would use that to a kind of fuel energy the yourselves need when you stand you are earning a bit more energy than when your 5th think and this is largely due to your muscles in your legs keeping your

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posture right it's been estimated from research that when you stand there were facilities it to work you can earn an extra 50 calories power were just standing and on my femur small amount but if you have to extrapolate that are so extra energy for over the course of the day a week evening here at the club needs two-thirds dance to increase the overall energy expenditure so while standing for about 5 hours a day and night and every so often about 5 hours a day into the all a heart attack from the current estimates that the EU and the navy the any extra 250 calories a day just by standing and were kicked out and that's probably equivalent the amount of energy you burn if you were to run to 5 6 kilometres depending else he has made this is like running final 6 ounces and every day just by Stanley my death and not taking a very timely a hot as a credible if Heath scenes kind of that has been suggested from some research studies

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and so cos if you don't need any extra calories to compensate for that then it could lead to a kind of positive effect in terms of weight maintenance he may be tiny bit of weight loss and prolonged the any efforts one if you had a standing so if we've seen this difference in just 5 weeks what would happen if I carried on using we not only see her the lowering of your blood glucose levels it will be hard for failure 5th point that it is likely that we would see on benefits in terms of your blood sugar control Stacey climbers and her newest researchers looked at whether people using stunning desks might compensate by sitting down more in the evenings once they get home but it turns out that they don't now Graham I lost a bit of a stunning desk born and that wasn't cos he'll his scientific study but what you make of the whole idea generally Milan are attracted to instil what she's saying is very attractive to keep up burning extra calories and so one I think the flipside here is

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to remember that roughly half of all workers Round the world have to stand for more than 3 quarters of the day and that there are long-term health effects of stand ding for long periods of time so if you're working on an assembly line was a sales person operating machine work on a farm you've been standing for lots of as the day and we know that that in itself can cause muscle fatigue it increases your chance to lower back pain it can cause varicose veins which are not trivial another cardiovascular issues even been suggested like increasing the pressure on things about so I think in the end of the day as the lot of things in health it's a mixture and getting the balance right so that the Sun moving about not just sitting with time not just standing either all time altering positions moving having seats available for those people who spend most time standing up for example device that lets them now if you cast your mind back a few weeks you might remember that as well as

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