now just over a month ago I started an experiment using a standing desk in the office here at the BBC now some claimed sitting is so bad few that it's the new smoking that might be going a bit far but there is evidence that spanned a Burns 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 took various physiological measurements include my blood pressure body fat percentage weight and blood glucose levels now faces comeback to take those measures again and to reveal the results has all outstanding made a difference to my health very interesting results reveal plot pressure blood pressure was a healthy level before anyway much change in blood pressure from a good thing because it rains you know you're rubbish not get any worse so rubbish values of which remain the

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same over the 5 weeks the next we've got the compositions of this is the percentage body fat they've got a new body and again this has not changed we would expect big changes in just 5 we Yes last because you're not a healthy weight anyway so there is no change in body weight or body complicate past tax the next result is your blood glucose result this is really interesting because change have we seen a reduction in your blood glucose here so this is a measure of the amount of sugars that you've got that collating in your bloodstream and after 5 weeks your blood sugar levels are lower than what they fine Wow get even that does not feel as if I've put in any extra effort and what does that mean if the blood sugar levels a case so if you have high levels of circulating blood sugar that could be a risk factor for diabetes answers

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Friendly there is evidence to suggest that prolongs a thing can increase the risk of diabetes and your blood sugar levels were in healthy 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 maybe has the word think she's been using the 5th fanfare and why is that is that because you are spending less energy for some reason was standing in one city as the oh look look look it is a measure of an earlier circulating and blood sugars your body would use that to a kind of fuel energy the yourselves need when you stand you are burning a bit more energy than when your thief think on this did not reduce your muscles in your legs keeping your posture right it's been estimated from research that when you stand there were presidents it to work you can earn an extra 50 calories power were just by stamping on that my femur small amount but if you have to extrapolate that are

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to extra energy for over the course of the day a week evening he and that could lead to substantial increases overall energy expenditure so while standing for about 5 hours a day and night than ever saw after about 5 minutes a day into the all plane attack from the current estimates that the you and you made it then the next 250 calories a day just by standing on working and announced properly equivalents the amount of energy would 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 up a timely a high as incredible as it is a nice scenes kind of that has been suggested from some research studies and locals if you don't need any extra calories to compensate for that then it could lead to come a positive effect in terms of weight maintenance he may be targeted weight loss and prolonged any efforts young if you had a standing so

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if we see this difference just 5 weeks what happen if I carried on easy we not only see the lowering of your blood glucose levels it's a weak heart failure at this point but it is likely that we would seek and benefits in terms of your blood sugar control Stacey cameras and her news researchers looked at whether people using Stanning desks might compensate by sitting down or any evening's once they get home but it turns out that they don't now Graham I was a bit of a stunning desk born on that wasn't cos he'll his scientific study but what you make of the whole idea Germany well I'm not attracted to end some of what she's saying is very attractive particular about burning extra calories and so on I think the flipside here is to remember that roughly half of all workers around the world have to stand for more than 3 quarters of the day and that there are long-term health effects of stand in for long periods of time so if you're working on the assembly line was a salesperson or operating machine would come off on you gonna be standing

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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 direct as planes 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 there's a moving about not just sitting all time not just standing there all the time altering positions moving having seats available for those people who spend most time standing up