there is evidence that standing Bayern'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 took various physiological measurements including 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 we've got some very interesting results with your blood pressure blood pressure was a healthy level before anyway much change in blood pressure is a good thing because it rains you know you're not getting any worse so rubbish values of which remain the 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 ex Beck big changes in just 5 we Yes last because you're normal healthy weight

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anyway so there is no change in body weight or body can't have a K past tax the next result is your blood glucose result this election really interesting because they change have we seen a reduction in your blood glucose face of 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 find Wow get even that doesn't feel as if I've Putin any extra effort that mean if the blood sugar levels case though if you have high levels of circulating blood sugar that could be a risk factor for diabetes and certainly there is evidence that suggests that prolonged sitting can increase the risk of diabetes at your blood sugar levels were in the healthy range at the beginning of the test which is good anyway but they have reduced slightly said this would suggest that perhaps your brisk the suffering from diabetes may be has lowered since she's been using the sits down deaths and why is that is that because you're expanding less energy for some reason

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whilst and England while City the ICO blood occurs is a measure of the earliest circulating blood sugars your body would use that to kind of fuel energy that you're cells need when you stand you are burning a bit more energy and then when you're sitting and this is largely due to your muscles in your legs keeping your posh you're up bright it's been estimated two from research that when you stand own work to fit to work you confirm an extra 50 calories per hour were just by standing and that might seem a small amount but a few perhaps extrapolate that up to extra energy firm over the course of the day week even he the 9 could lead to substantial increases in overall energy expenditure so I'm standing for about 5 hours a day than we saw after about 5 hours a day in terms of case However that he could cannon of estimates that think you you may be burning next 250 calories per day just by standing and working properly equivalent to the amount

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of energy you burn if you were to run up to 5 6 kilometres depending on speed has made it so it's like running 5 6 , 2000 every day and just by standing at my desk and without taking up any time anything huh that's incredible it is only seems kind of that has been suggested from some research studies and if and don't take any extra calories to compensate for that then it it could lead to a kind of positive effect in terms of weight maintenance up even maybe a tiny bit of weight loss over the long term but any efforts Yes if you just stand in so receive this difference just 5 weeks what happened fight carried on using we might see further lowering of your blood glucose levels It's hard to say at this point that it is likely that we would seek and benefits in terms of your blood sugar control Stacey climbers and her newest researchers Looked at whether people using Stanning desks might compensate by sitting down when evening's once they get home but it turns

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out that they don't now Graham I'm not see a bit of a standing desk for now and that wasn't cos he'll his scientific study but what you make of the whole idea Germany Milan I'm 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 an assembly line was a salesperson or operating machine would come off on you're gonna be 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 direct has 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