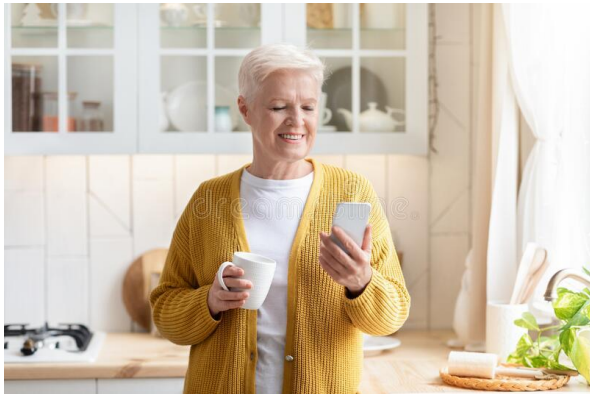


# Increased standing is associated with a lower risk of death

We know standing is a safer and more feasible behavior for older women when compared to light or moderate-to-vigorous physical activity

We studied the relationship between standing and risk of death and found:

- ***Increased standing is associated with a lower risk of death*** ★
- standing is especially beneficial if you spend a lot of your day sitting



Standing for 30+ minutes is associated with a 14%-37% lower risk of death



Daily life movement for 2+ hours is associated with a 36%-50% lower risk of death

***All movement matters!***