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 \bigstar
- 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!

Jain, P., Bellettiere, J., Glass, N., LaMonte, M., Di, C., LaCroix, A., Standing Time with and without Ambulation and Mortality over 6 years of follow-up: the WHI OPACH Study. 2020. Journals of Gerontology Medical Sciences.