

What is Stand Up?

First, it's important to know what Stand Up is not — it's not an exercise program. Rather, it's a program to help people to stand more and for longer periods of time.

How it works:

Participants meet for 4 weeks – 2 hours each week. A refresher session follows at week 8.



What you'll learn:

- ◆ How too much sitting time affects you and your health
- ◆ The benefits of standing
- ◆ Strategies to stand up and move more
- ◆ How to set and stick to goals to stand up and move more
- ◆ How to identify and address barriers.

Researched & Proven

Stand Up is shown to reduce sitting time by 68 minutes per day. In addition, it is proven to:

- ◆ Reduce problems performing daily activities
- ◆ Reduce pain interference and intensity
- ◆ Improve energy levels and functional performance
- ◆ Improve general overall health