

What Happens at Stand Up

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