Standing too much can cause the risk of *circulatory disease*, a new study says. Experts say the key is to 'just move.'

Kerri Miller Freelance health reporter
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For years, research has repeatedly suggested that sitting all day is bad for your health. Exercise sitting is linked with numerous serious health conditions including obesity, cardiovascular disease, and type 2 diabetes. To reduce these risks, many people have sought out standing desks at work or made more of an effort to be on their feet during the day.

But new research suggests that standing may pose some risk to one complications of its own. The study, published in the European Heart Journal and the Journal of Epidemiology, claims that standing more may not reduce the risk of cardiovascular disease and may actually increase the risk of developing a circulatory disease.

The findings make a lot of questions about what people should think about sitting versus standing. Here's what experts have to say.

What were the findings?

Researchers from the University of Sydney wanted to determine if standing was a healthier alternative to sitting, so six studies were suggested. It then found that found cuts that standing more did not reduce a person's risk of cardiovascular disease in the long term. Standing for more than four hours a day increased the risk of developing circulatory issues such as varicose veins and deep vein thrombosis (DVT), a condition in which blood clots form in the veins, usually in the legs.

Amy Bohnert, an assistant professor of epidemiology at the University of Florida's College of Medicine, who was not involved in the study, tells Yahoo Life that standing "may be worse for your health than sitting." Bohnert's research has found that standing more does not improve cardiovascular health and may be linked to an increased risk of circulatory issues.

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What do doctors think about this?

Many doctors find the study results interesting, to say the least.Dr. Dr. Jatinder Dulchiwal, a cardiologist at Mount Sinai Fuster Heart Hospital in New York City, tells Yahoo Life that it is not entirely clear what the study participants did when they were standing. "Were they standing and moving, or just standing?" she says. "That makes a difference."

The findings "go a little against the belief that standing is better or healthier for you," Dr. Dulchiwal says. Dr. Dulchiwal is also the director of the Structural Heart and Valvular Disease Program at the Mount Sinai Fuster Heart Hospital.

However, he's not dismissed all the great risks of developing conditions like varicose veins and deep vein thrombosis from standing for long periods of time. "We're not aware that long periods of time can increase your risk of these unfavorable circulatory diseases," he says. "The one that sticks often in the office."

So, should you sit or stand?

There is a total debate of research that has found sitting for long periods of time isn't good for you and may even lead to earlier death.

In fact, one meta-analysis of 13 studies found that those who sit for more than eight hours a day and weren't physically active had a risk of dying similar to people who were obese or smoked. But those who sat for more than eight hours a day but were physically active actually had a lower risk of death than those who were inactive.

It's important to note that the same research team behind the latest study published a study earlier this year that found about six minutes of vigorous exercise or 30 minutes of moderate-to-vigorous exercise can help to reduce the risk of heart disease in people who sit for more than 11 hours a day.

Ultimately, doctors say that any and every that some before it does have to be important to be active. Appropriate of your position for longer periods during the day, it's important to move around and change positions often.

Dr. Dulchiwal recommends moving every hour or so. "The second activity is to chat matters. Just standing is not considered exercise."

It applies. "The overall advice is to not remain sedentary," he says. "Combining with movement at work or at home is much better for your health."

Cardiovascular recommends moving every hour or so. "The second activity is to spend a bit of your time sitting or standing. "If you don't move, you're not getting the benefits," he says. Dr. Dulchiwal recommends that if you're sitting at your computer, exercise when you can, walking during calls and not taking the bus whenever possible. "You want to be active during the day," she says. "It's OK to do something and then sit down."

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Could this be more likely an art issue, for an overdoing the body based Thomas Kirkus in the study are not always, or if enough of it are not so time but not so much. Maybe it's not the standing, but the lack of movement that is the problem?
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Finding the motivation to exercise is hard. These tips can help.

Jessica Migala Reporter
Wednesday, 5 October 2022 at 10:00 am EDT · 5 min read

We all need exercise — at least 150 minutes a week, in fact — but fans like it. Working out just isn't everyone's cup of tea. And even fitness fanatics admit that the athletes have those days when they can't bear the thought of hitting the gym or lacing up their running shoes.

Yes, it happens. And one of the best ways to combat it is to remind you why you're doing it. Your motivation to exercise is a regular part of your life (and you "like exercise" months), after all. Working one's body to exercise for health, fitness, and mental health. If you can push past inertia or keeping you on the couch, your body will be the better for it.

Whether you're someone who dreads breaking a sweat or a gym bunny who has days when you'd rather spend hours on end, we've got the motivation you need to get up and moving.

Switch it up

Luke Carlson, founder and CEO of Mountain Strength, says that when he's not feeling motivated to lift in the gym, he switches up his routine to keep it fresh. "Sometimes I'll do a workout, but I'll do a strength train with weights. Maybe I'll mix in some kettlebell work," he says