According to the CDC, chronic diseases are now the number one threat to public health, far surpassing infectious diseases in the U.S.

- **75%** of our healthcare costs go toward treating chronic diseases.
- **40%** of America's workforce is paid to sit at their desk all day.
- **27%** of the U.S. workforce spent 6 hours a week or more sitting at a desk.
- **50%** of adults report sitting more than 10 hours a day, and for some adults it is a 12-15 hour day.

### WHAT HAPPENS WHEN YOU GET UP AND MOVE EVERY HOUR...

- **21%** reduce the risk of breast cancer, the leading non-skin cancer in women.
- **25%** reduce the risk of diabetes by maintaining active lifestyles.
- **30%** reduce the risk of high blood pressure.
- **50%** are overweight.
- **360** are obese.
- **120** have diabetes.
- **330** have high blood pressure.
- **170** have high cholesterol.
- **330** have high triglycerides.
- **190** smoke.
- **950** fail to get adequate exercise.
- **620** have sleep issues.
- **90** suffer from depressive issues.

### THE SAME 1000 PEOPLE

**$311,806.17**

Corporates and governments lose $311,806.17 per employee when they become sick, and employers are responsible for a staggering $311 billion per year.

**$201,988.99**

Corporates and governments save $201,988.99 per employee when they become healthy, and employers are responsible for a staggering $201 billion per year.

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### BUT WE WORK AT DESKS, SO WHAT CAN WE DO ABOUT IT?

**1** CORPORATE WELLNESS SOLUTIONS

- **$867** to a Corporate Wellness solution that gets you up and active throughout the day with a desk or micro times challenge. It earns the behavioral engagement tech from videos to make activity fun and addictive.

**2** MOVABLE DEVICES THAT INCREASE INACTIVITY

- **Chain of Detroit** track your activity and stay healthy.
- **Bobinski Up**
- **Capsule/Chair**

**3** DISTRACTION DEVICES

- **Top 5 Standing Desk (1193 - 31647)**
- **Stand Steady**
- **Sitting is the New Smoking**

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**www.sittingisthenu newsmoking.com**