

Why office people should kneel or squat when working

A recent study showed that kneeling or squatting on the floor can bring more positive results, helping to improve the health of many people, especially office workers.

Sedentary lifestyle is becoming one of the problems of modern society. Especially. Office workers spend about 8 hours to sit and work. When they return home, they continue to sit or lie down for the purpose of relaxing.

Researchers at Queen's University of Belfast warn that sedentary habits are causing thousands of cases of heart disease, type 2 diabetes, cancer and sudden death. According to statistics, it is the sedentary habit that causes the death of an average of 70,000 people worldwide each year.



Using a standing table is not necessarily the most effective method to improve the health of office people.

To solve this problem, the use of standing-up desks for working staff has become a popular trend in the past few years. However, recently, the team at Queen's University Belfast issued a statement saying " *kneeling on the floor or squatting will further improve the health status of the sedentary people* ".

The research project comes from observing the Aboriginal Hadza community in Tanzania. To find out, the researchers looked at data from 28 Hadza men. For eight days, all wore an accelerometer to compare their activity level with those living in the city.



The habit of squatting or kneeling on the ground of Hadza aborigines.

The observational process discovered that the test subjects had only about one hour of high physical activity per day. Meanwhile, their idle time takes up to 9 or 10 hours a day, the same level as the working office in urban areas.

But despite this, the Hazda people do not show any ill signs of a health condition associated with a sedentary lifestyle. The main difference is in the kneeling and squatting positions of the indigenous people during times of rest.

Postures such as squatting or kneeling are more beneficial to health because they require more muscle activity than sitting on a chair. In other words, squatting or kneeling is a mild form of activity, so it still requires the body to use energy.

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