

Stay informed! A series of current topics on workplace issues

## The realities & myths of “sitting disease” & the potential benefits that alternative workstations offer.



Scientific literature related to “sitting disease” is discussed - detailing the realities & myths that surround the condition. Available evidence from literature reviews are presented along with recent EWI Works’ research projects illustrating potential outcomes associated with standing workstations & exercise-based workstation use.

This session will equip you with the knowledge to evaluate whether workstation adaptations are required for your office and staff.

### Learning Objectives:



- Learn about the evidence regarding relationships between occupational sitting & obesity, diabetes, cardiovascular disease & cancers.
- Discover how media reports of occupational “sitting disease” are inconsistent with actual evidence.
- Understand the benefits & potential misuse of both standing & exercise-based workstations in office environments.

### Webinar Speaker:



*Dr. David M. Antle, PhD, AE*  
*Director of Research &*  
*Senior Ergonomist*  
*EWI Works Inc.*

### Webinar Details:

**Date:** Wednesday, November 19th, 2014  
**Time:** 12:00 PM MT  
**Length:** 60 minutes  
**Cost:** \$65.00

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