Did you know that in one particular study people were asked to get up and walk around during TV commercial breaks? Their energy use markedly increased, snacking decreased, and during the six-month study period, the participants lost an average of 2.5 cm from their waistlines.

Well, when we spend too much time sitting down, we tend to gain weight and become depressed. Standing up helps invigorate us and burns calories.

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In addition to gaining a spare tyre or two, sitting down gives you a bigger bum, cellulite, poor fitness levels, and leads to couch potato syndrome.

Even taking short breaks from sitting can make a difference — your body uses up 10-13 per cent more energy when you’re standing up. Remember to stand up a couple of times every hour and every time there’s a commercial break when you’re watching TV in the evening. Give it a go today!

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