

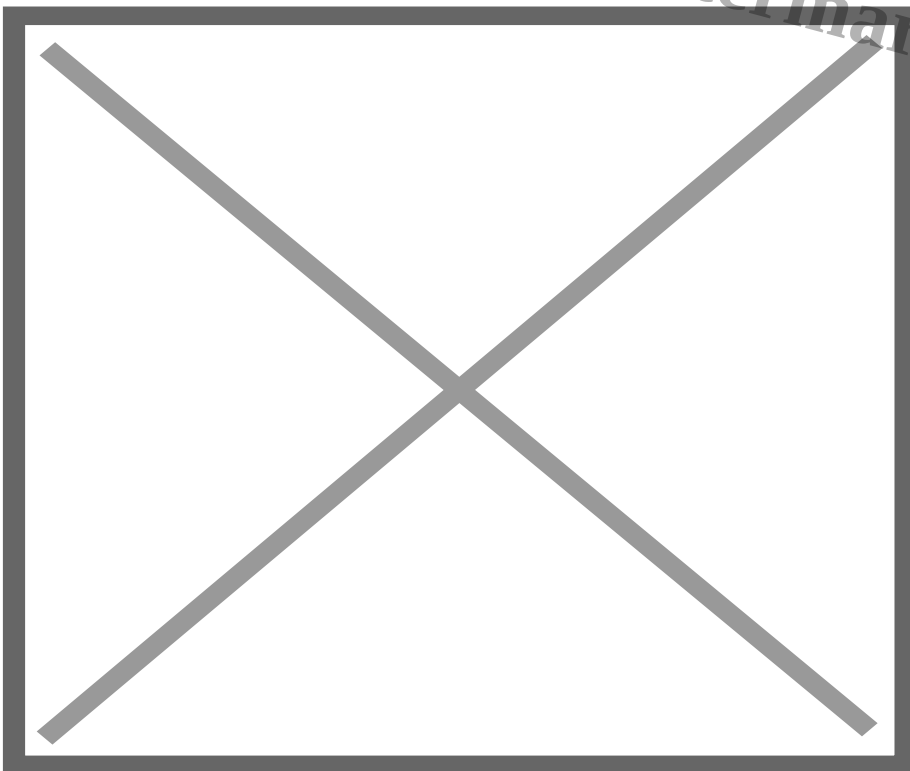
Stand Up To This Challenge For A World of Healthy Kids

Description

We all want healthy kids, right? So be a part of history in the making and take a stand by joining [this challenge](#) and maybe winning something for yourself.

Before I knew about this challenge from [Tim Ferriss](#), I was already a backer of [Standup Kids](#), an organization pushing to get standing desks in classrooms in all public schools across the US. If it really takes off, possibly kids all over the world will benefit!

When I worked in an office, before we had Avery, I was the only one on my floor to have a standing desk for a long time. And I really had to push and shove until I was able to have my desk converted to standing. Once they finally allowed it, all it took was a few bolts coming out, the desk getting lifted, and bolts back inâ€¦simple. But geez, you wouldâ€™ve thought I was asking for a group of servants to come and hold me on their shoulders as I worked all day!



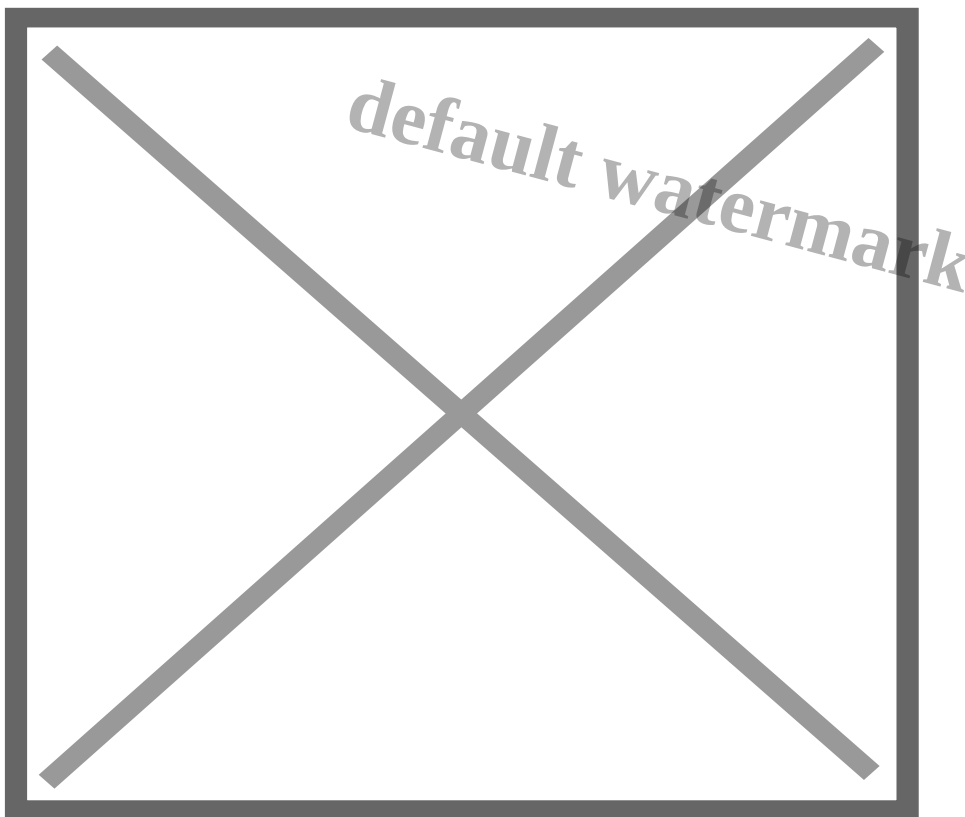
Anyway, Standup Kids has a simply stated missionâ€¦

The mission of StandUp Kids is to get every public school child at a standing desk in 10 years, to combat the epidemic of sedentary lifestyles and inactivity, and to better reflect 21st century education goals.

StandUp Kids provides education on the health risks associated with sedentary lifestyles and resources on why standing desks create an environment where children can become healthier and more active.

At StandUpKids.org, we believe children's sedentary behavior is a public health crisis and that children need to MOVE MORE and SIT LESS. Standing desks are a simple and elegant way to create a movement rich environment where children are more engaged and perform better academically, burn more calories, eliminate or minimize orthopedic problems and disease, feel happier, and just plain move more.

While I don't think they need to focus on the calorie burning effects of a stand up desk so much, the rising childhood obesity issue makes it a notable benefit to [standing vs. sitting](#). And, well, if you haven't noticed, kids do a lot of sitting.



Here is a downloadable PDF packed with info sure to motivate you to join the challenge and donate what you can for this to become reality: [Standing vs Sitting_Standup Kids](#)

Humans were never meant to sit for extended periods, and with recess time lacking in public schools, standing desks are a perfect way to keep kids healthy and learning better too. Check at these stats I found on the [Standup Kids website](#).

- **Sitting too much causes disease and orthopedic dysfunction, and impedes children's ability to learn.**

- Kids at standing desks burn between 15% to 25% more calories during the school day than the ones who remained sitting.
- Obese students the desks had an even bigger impact, increasing calorie use by up to the 25% to 35%.
- Small movements at standing desks, such as fidgeting, has a large impact on calorie expenditure.
- Kids in standing classrooms are more engaged.
- Classroom management is easier.
- If kids are given the opportunity to move throughout the day, they will do so.
- When students move more, their education improves.
- Children feel happier when they can move more and aren't restricted to a chair.
- Classroom behavior improves with active learning.
- Children who move more have greater creativity.
- Educational test scores improve.
- Students can shift their bodies and change position when they need to stay focused.
- Standing prevents the body's tissue adaptation to static positions (i.e. short hip flexors & hamstrings, rounded upper back, poor shoulder position) AND it does not erode the child's physiology like sitting does.
- Standing maintains the integrity of all the complex motor skills required for optimal physical function.
- Reducing daily sedentary time literally reduces cell aging, which means kids will live longer and be more healthy.

Please check out the site to learn more on how you can help and why this means so much for the future of our kids. Oh yeah, and with the founders of this movement being Kelly and Juliet Starrett, the team behind one of the first 50 Crossfit affiliates and the site MobilityWOD.com which changed how we look at human movement and performance, I'd say they know a thing or two about why this is such a big deal.

I listen to several health and fitness podcasts where the well-known hosts in the industry are all getting behind this move and donating for the cause. Even a \$1 will help get this project closer to its goal and the hopeful event that this will take off across the nation.

Here are the podcasts I listen to that have featured the movement:

[Ben Greenfield Fitness](#)

[R Della Training](#)

[Tim Ferriss Show](#)

However you get there, and whatever you do, please go to the [donate page](#) and give what you can and/or share with everyone you know to help spread the word.

As for [the challenge](#) Tim Ferriss is offering a giveaway for a round-trip ticket to just about anywhere worldwide as long as Star Alliance flies there. Supporting a feel good cause and possibly winning something like this? I'm in, are you?

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