

HEALTH TIP

SITTING AND MEN'S UROLOGICAL HEALTH

With more people working and schooling from home, prolonged sitting can become a problem, including an increased risk of prostatitis in younger men. Some tips for ensuring you're not sitting too long each day:

- Aim to spend about 50% of your work or learning time standing.
- Take phone calls that don't require computer-connectivity while standing and walking around the room.
- If possible, invest in a standing desk module or place your computer on a stable surface that allows you to stand while working at it.
- Take frequent breaks (at least every half hour) and stand while taking them.

