

职场新词：“站立办公”让你远离电脑病 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/646/2021_2022__E8_81_8C_E5_9C_BA_E6_96_B0_E8_c96_646489.htm 前段时间，办公室来一老外，往自己办公桌上又放了一个小桌子，然后整天站在桌前办公。让我们好不诧异。后来发现，原来国外好多人都开始站立办公了哦，说是对身体好呢。 Your chair is your enemy. It doesn ' t matter if you go running every morning, or you ' re a regular at the gym. If you spend most of the rest of the day sitting in your car, your office chair, on your sofa at home you are putting yourself at increased risk of obesity, diabetes, heart disease, a variety of cancers and an early death。 椅子其实是你的敌人。就算你每天早晨都坚持跑步，或者定期去健身房锻炼；只要你每天大部分时间都是坐着的，不管是在车里、办公室座椅或者家里的沙发上，你就是在把自己推向肥胖、糖尿病、心脏病、各类癌症以及早亡的危险。 So what ' s the solution if your job requires you to spend a lot of time in front of a computer? Stand-working! Stand-working can help your back problems resolved. you ' ll have more energy, and can focus and concentrate better while standing。 那么对于大部分工作时间都需要在电脑前度过的我们来说，怎么才能解决这一问题呢？答案就是站立办公！站立办公能够解决背部酸疼问题，站立的时候你会觉得精力更加充沛，而且也更易于集中精神。 A study of people who sit for many hours found that those who took frequent small breaks standing up to stretch or walk down the corridor had smaller waists and better profiles for sugar and fat metabolism than

those who did their sitting in long, uninterrupted chunks。 一项针对长期坐着的人展开的研究发现，那些频繁起身伸展腿脚或在走廊里走动的人比长时间不挪窝坐着的人腰围要小一些，糖和脂肪代谢功能也要好一些。 相关推荐：#0000ff>你不可不知的职场八条“潜规则” #0000ff>如何成为英语Presentation达人 #0000ff>职场英语：与各国客户沟通的十大技巧 #0000ff>职场英语：八月高温迎来招聘旺季 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com