

6招拯救常坐不起的白领族 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_6_E6_8B_9B_E6_8B_AF_E6_95_91_c96_646784.htm 常坐不起 We tell ourselves time and time again that we ' ve got to stop sitting so much. It ' s bad for our health for a whole slew of reasons, but there ' s just no way we can spend eight hours a day on the solitary TreadDesk in the office. 我们不断地告诉自己，不应该常坐不起，诸多理由证明一直非常不利于健康，但是除了一天八个小时孤单地坐在办公桌前，没有别的办法。 So what can you do to fight obesity, diabetes, heart disease and the other risks of sitting too much? At the most simple level, stand more. A team of researchers from the University of Minnesota and the Mayo Clinic are set to study 30 employees of Caldrea, an eco-friendly cleaning supply company in Minneapolis, whose desks have been replaced with workstations that make it possible to sit or stand while working, according to the Star Tribune. In the meantime, click through the slideshow below for a few more ways to stay healthy and active at your desk. 为了与久坐而形成的肥胖、糖尿病、心脏病和其他的风险做斗争，我们能做的是什​​么？最直接的方法就是：多站立一些。来自明尼苏达大学和梅约诊所的一组研究员针对来自Caldrea的30位职员进行了一项调查，Caldrea是明尼阿波里斯市一家环保清洗剂生产公司，根据明星论坛 报的报道，此公司里的桌子全都换成了工作站，这些工作站允许职员工作的时候站着。同时，下面是更多保持健康和保持活力的方法：1.更正坐姿

Perfect Your Posture 更正坐姿 The set-up of your workstation can

cause everything from headaches to tendinitis, according to the U.S. Department of Labor ' s Occupational Safety 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