

**Mayo Clinic Minute:  
Standing Desk Tips**

**Audio**

**Video**

	<i>sound of feet on treadmill</i>
	You don't have to jump from a chair to a treadmill desk.
	This is more of the Cadillac option, I would say.
	In fact, Mayo Clinic wellness exercise specialist Nolan Peterson says a sit-stand combo desk is a great place to start.
	I wouldn't recommend typically going from just sitting to standing all day long.
	<i>sound of desk being raised</i>
Title: NOLAN PETERSON WELLNESS EXERCISE SPECIALIST Mayo Clinic Healthy Living Program	That's what's nice about a sit-stand desk, is if you're starting to get tired once you're standing, well then, have a seat then.
	Tip number one: Be willing to take a break from standing.
	Number two: When you're back on your feet, pay attention to posture.
	This illustration from <a href="http://mayoclinic.org">mayoclinic.org</a> shows how your head, neck and torso should be in line – with the top of your monitor just below eye level and your hands at or below elbow level.
	Tip number three: Focus on your feet.
Title: JEFF OLSEN MAYO CLINIC MINUTE Mayo Clinic News Network	Choose your shoes wisely, and consider investing in what's called an "anti-fatigue mat" to add a little more cushion.
	The bottom line: You should be comfortable at your standing desk.
	It shouldn't feel like torture or anything like that.
	It really comes down to listening to your body.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.