Physical inactivity (not moving enough) is the leading risk factor for global mortality.

It causes 6% of all deaths every year.

The Oploft Sit-Stand Platform helps you stay physically active even while you work by moving from sitting to standing throughout the day.

Physical activity doesn’t necessarily mean exercise. Don’t worry. Physical activity doesn’t have to be a hard workout.

Let’s look at why being more active is the perfect goal.

**Physical activity can be fun and social.**

It can be fun and entertaining. Whether it’s a lunchtime dance-based exercise class or a regular 5-aside football match, there’s something for everyone. Whether you choose to move more right now, or bring it into your routine later, you’ll find yourself achieving things you never thought you would.

**Manage mental health conditions.**

In response to a growing body of research, health professionals are starting to recommend increased physical activity as a way of managing mental health issues.

**Establish better work-life balance.**

Being serious about physical activity can help you enjoy a better work-life balance. It gives you a natural high.

**Manage sexual health conditions.**

Scientists say regular cardiovascular exercise can help reduce the risk of premature death by 50%.

**Manage mental health conditions.**

Research shows that regular exercise reduces the risk of depression by 25-30% for those who exercise regularly.

2019 is a big sporting year. Football World Cup and Women’s World Cup, Rugby World Cup, Cricket World Cup... there are also regular exercisers. Being a regular exerciser, you would earn it! Being wealthy and successful is becoming more important to people, and being a regular exerciser, you’ll find yourself achieving things you never thought you would.

**Feel happier.**

Physical activity increases endorphins and dopamine hormones - serotonin, which your brain releases happy hormones.

**Manage weight.**

Physical activity isn’t necessarily exercise - it can be fun and entertaining. Whether it’s a lunchtime dance-based exercise class or a regular 5-aside football match, there’s something for everyone. Whether you choose to move more right now, or bring it into your routine later, you’ll find yourself achieving things you never thought you would.

As you build your strength, you’ll find yourself achieving things you never thought you would.

**Discover new places.**

The Oploft Sit-Stand Platform helps you stay physically active even while you work by moving from sitting to standing throughout the day.

**Enjoy the outdoors.**

When you start moving, you’ll find yourself achieving things you never thought you would.

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