



New Company Helping Office Workers and Their Employers Combat the Negative Health Effects of Desk Jobs

Sit Tech teaches movement and alignment to help employees fight Sitting Disease and employers reduce healthcare costs and improve productivity.

DENVER, CO, UNITED STATES, October 29, 2015 /EINPresswire.com/ -- MEDIA RELEASE

For Immediate Release

INTERVIEW CONTACT:

Judy Metz, President and CEO, Sit Tech
303-746-2631 | judymetz@SitTech.biz

New Company Helping Office Workers and Their Employers Combat the Negative Health Effects of Desk Jobs

(DENVER, CO) OCTOBER 15, 2015 – A newly formed company is taking on the health dangers of “sitting disease” in corporate America — and bringing a whole new meaning to the concept of improving a company’s “bottom” line.

Recent medical research, including studies funded by the National Institutes of Health, have made clear the connection between sitting six or more hours a day and an increased risk of cancer, cardiovascular disease and diabetes — even if you maintain a healthy weight and don’t smoke. In addition, the American Heart Association, American Cancer Society and American Medical Association have all issued health warnings related to sitting. Yet it’s not unusual for U.S. office workers to sit at their desks for eight or more hours every weekday, and that doesn’t include sitting while commuting and in other parts of daily living.

Enter Sit Tech, based just outside Denver, Colo., which aims to help employees combat the negative health effects of their desk jobs — and in turn help their employers reduce healthcare costs and improve productivity.

Judy Metz, president and CEO of Sit Tech, says her company is attacking the issue of what the media and researchers have dubbed, “sitting disease,” with unique, onsite workshop modules that train groups of employees in research-based techniques, such as “power sitting.”

“We all know prolonged sitting is bad for our health, but we also have to acknowledge that most office jobs in today’s business environment require employees to sit. You can’t necessarily take a break every hour to do aerobics in the workplace,” Metz says. “And that’s probably not going to change in the near future. So at Sit Tech, we teach associates research-based methods of making the most out of their situations.”

Metz says Sit Tech’s highly specialized training is based on incorporating key spinal alignment, posture and learned movements into every work day. “No special equipment, exercise clothing or

even sweat, is required to employ our techniques,” Metz says.

There are three levels of Sit Tech workshop modules available. Level 1 (Align the Core) and Level 2 (Sit Strong) form the basic program. This foundation can be presented in three, 60-minute increments or two, 90-minute increments. Level 3 modules are custom-designed to fit the unique needs of each organization. All training is offered in corporate packages and provided at an employer’s location. The workshops cover everything from learning healthy postures and developing core muscle strength to incorporating strategies for making these practices a natural part of every day — at the computer, in meetings or on the road.

“I think what we’re doing is unique in corporate America. But more importantly, what we’re doing benefits not only employees in terms of their health, but also employers. Because of the highly competitive business environment, companies need innovative ways to lower medical and pharmacy benefit costs, energize employees, and reduce workers’ comp cases. What we do at Sit Tech can directly impact all of these factors,” Metz says. “Our training can also help improve employee morale and alertness, increase productivity in the workplace, and provide a significant benefit that helps employers attract and keep great employees.”

For more information on Sit Tech, including research study links, visit SitTech.biz. Sit Tech also offers a free, monthly e-tip on topics ranging from mindfulness to the use of standing desks, with convenient signup and samples available online.

###

CONTACT:

Judy Metz, President and CEO, Sit Tech
303-746-2631 | judymetz@SitTech.biz

Judy Metz
Sit Tech
3037462631
[email us here](#)

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2015 IPD Group, Inc. All Right Reserved.