



**WAR ON CHAIRS**

# Whereas

*Whereas,* researchers have linked sitting for long periods with a number of health concerns, including obesity, increased blood pressure, high blood sugar, excess body fat, and abnormal cholesterol levels; and

*Whereas,* according to a recent study, adults who spend more than four hours a day sitting while watching television or playing computer games have a nearly 50% increased risk of death from any cause compared with people who spend less than two hours a day sitting while watching television; and

*Whereas,* similar to sitting while watching television, sitting in front of a computer or driving for long periods raises the risk of health concerns; and

*Whereas,* as James Levine, an endocrinologist at the Mayo Graduate School of Medicine, said in an article in the Los Angeles Times, "the chair is out to kill us;" and

*Whereas,* research suggests that spending a few hours a week at the gym or in other moderate to vigorous activity doesn't offset the risk of sitting for extended periods; and

*Whereas,* one way to counter the negative health effects of prolonged sitting is to stand when we talk on the phone, eat lunch, or gather for meetings; and

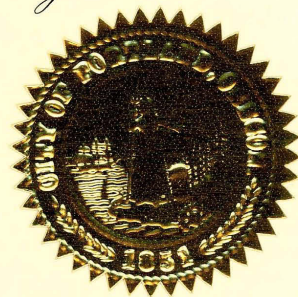
*Whereas,* we can also think about ways to move while we work, such as walking with colleagues during meetings or finding opportunities to stretch;

*Now, therefore,* I, Charlie Hales, Mayor of the City of Portland, Oregon, the "City of Roses," do hereby proclaim July 17, 2013, to be

*Stand Up for Workplace Wellness Day*

in Portland, and encourage all residents to observe this day.

*Charlie Hales*



Proclaim July 17, 2013 to be Stand Up for Workplace Wellness Day in Portland  
(Proclamation introduced by Mayor Hales)

JUL 17 2013

PLACED ON FILE

Filed JUL 12 2013

**LaVonne Griffin-Valade**  
Auditor of the City of Portland

By 

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Fritz		
2. Fish		
3. Saltzman		
4. Novick		
Hales		