

The Hidden Cancer Risks of Static Postures

Why Unbroken Sitting is Now a Measured Employer Cost Driver

Unbroken sitting is a measurable cancer and cost risk.

What Changed in 2025?

Sedentary ≠ Inactive

- Prolonged sitting = Distinct biological risk
- "Gym time" can't undo hours of stillness



Dose–Response: Cancer Risk Increases with Every Hour

For Each 2 Hrs/Day

+6%

Overall Cancer Risk

8+ Hrs/Day

+28%

Breast Cancer Risk

Early-Onset Signal:

50%

CRC Patients < 50
Sedentary Lifestyles



Why Sitting Too Long Promotes Tumors

- Insulin Resistance
- Chronic Inflammation
- Hormonal Disruption



2025 Research Confirms:

"It's not the sitting--it's the sitting without interruption."

The Cost Impact to Employers

- Cancer Treatment & Meds
- Disability & Absenteeism
- Productivity Loss
- Higher Insurance Costs



Prolonged sitting silently drives up medical claims.

Break Up The Risks: Intermittent Movement

Move Every **60** Minutes

1-2 Min.
"Exercise Snacks"

Stretching Breaks
Reduce Inflammation

1-2 Min. "Exercise Snacks"



Employer Action Steps:

- ✓ Normalize Movement Breaks
- ✓ Integrate Active Habits
- ✓ Track Sitting Time Patterns

Foster Hourly Movement: Help Employees To Help Themselves

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See 2026 January article at SmartErgo.Com for a comprehensive list of 2025 studies underlying this infographic.