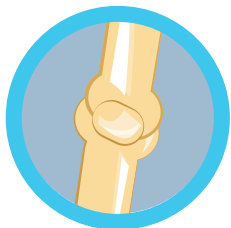


# Why is standing important?

Human beings are designed to stand!

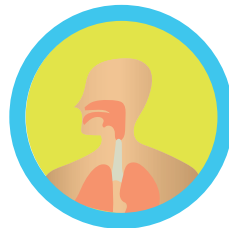
## The benefits of upright standing



Upright standing increases density of the bones and reduces the risk of fractures



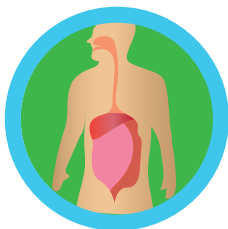
Stretches muscles, preventing the onset of contractures and increases motion



Standing improves respiration and voice control



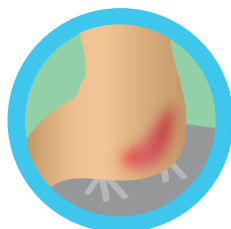
Enhances blood pressure and circulation



Helps digestion, bowel and bladder drainage



Improves alertness, wellbeing and sleep patterns



Improves skin integrity by relieving pressure created during sitting



Kids can interact eye-to-eye with their peers while adults can interact with environment



Children as well as adults gain psychological advantages from standing, and those are as important as physical & development benefits



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