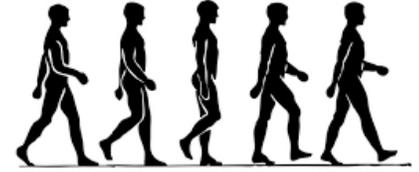


Staying Healthy at Work Sit - Stand - Move Around!



What are the Risks of Prolonged Static Posture?

Initial studies have linked long periods of sedentary activity with a number of health concerns such as obesity, metabolic disease (e.g. Type 2 diabetes), certain types of cancer and a slight increase in earlier morbidity. Sitting however is not directly linked to increased risk for diabetes or cardio-vascular disease. Sedentary behavior at home is correlated to cardio-vascular disease.

What we know from the Research:

Sedentary lifestyle both at work & home is really the issue. Sedentary could be defined as sitting for prolonged periods without movement.

Changes in the workplace should encompass more than just the physical workstation. Studies have shown that environmental, social, and personal factors also influence how physically active a person will be.

- Exercising more vigorously for short periods, such as a fitness class or 10 Km run, does not reverse the negative health effects of sedentary activity.
- Less than 15% of Canadians get the recommended 150 minutes of Moderate to Vigorous Physical Activity (MVPA)/week required for C-V health.
- To effectively improve health, we need to get up & move ~ every 30-45 minutes. Reduction in circulation & metabolism begins within 45 minutes of sitting. Light movement increases circulation and associated metabolic changes.
- Total daily activity is the most important factor in improving health. Light activity, such as walking, appears to be the most effective way to impact the negative health effects of sitting. Most adult Canadians get < 4 hours of light activity/day and < .5 hours of MVPA/day.
- Sitting is the most comfortable whole body posture and is what most people will choose to do.

Impact of Sitting

- Prolonged sitting can cause musculoskeletal discomfort (neck, back, wrists/hands) as well as reduced circulation.
- Sitting requires less energy than standing and has been linked to increase risk of weight gain.
- Sitting increases the load on intervertebral discs if low back is unsupported.
- Sitting as a change from standing, can reduce fatigue or muscle soreness.

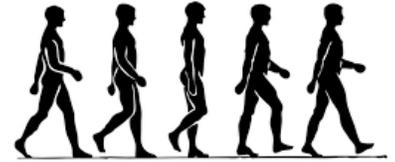
Impact of Standing:

- Can cause an increased incidence/severity of varicose veins due to blood pooling, carotid atherosclerosis, fatigue in the legs/feet or aggravate lower back or hip/knee/foot musculoskeletal problems.
- Standing requires slightly more energy (30-40 calories/day).
- Standing, as a change from sitting, can reduce fatigue or muscle soreness, however, standing in one spot is generally not well tolerated by the back due to muscle fatigue.
- Standing compared to sitting, reduces the load on inter-vertebral discs in the low back.
- Standing does not lead to taking more steps.

Impact of Walking

- Provides a change of posture and reduces muscle and joint soreness and fatigue.
- Muscle activity of the calves and legs increases circulation and improves metabolic activity such as glucose transport.
- Relieves eye fatigue from prolonged computer use and provides a change of environment which can reduce work related stress and improve concentration.

Workplace Health Sit - Stand - Move Around!

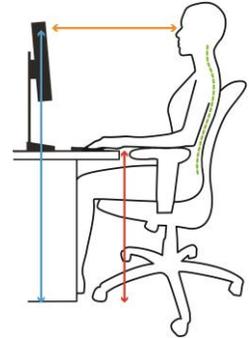


Workplace Solutions

- Mitigate health risks associated with prolonged sitting by interrupting sitting or standing with light activity that involves movement. 'Sedentarism' or 'Sitting Disease' is a term reflecting the amount of time a person sits in one spot during the day, evening or when commuting.

Seated Posture

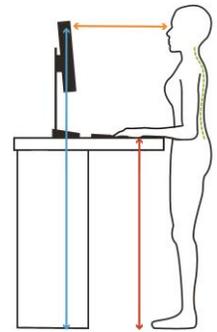
- Ensure your work station is set up optimally to reduce musculoskeletal fatigue.
- Use your chair dynamically - rocking motion changes posture and engages the leg muscles which will increase circulation, metabolic processes and reduce muscle/joint stiffness and fatigue.
- Use a dynamic footrest - to increase circulation & affect metabolic processes.
- Get up & move every 30-45 minutes. Stand for 1-2 minutes & take the opportunity to do a couple of stretches, look away from the screen or walk to speak to a colleague.



Standing Posture

Think of ways to incorporate movement into your work day:

- When you can, stand to answer the phone or to read paper documents. This can easily be done by raising a writing table to standing height/using a small breakout table or a tall file cabinet.
- Stand for meetings or part of meetings - this will likely mean shorter meetings along with the benefit of a change of posture. Small groups could do walking meetings, which is even better.
- At the start of a meeting, let participants know that they are welcome to change posture as they wish and in fact encourage them to mix sitting and standing.
- Incorporate a 1-2 minute stretch break every 30 minutes in ALL meetings. This will improve comfort and concentration.
- Blood Pooling in the legs occurs within about 30 minutes of standing in one position. Limit standing to 30 minutes at a time and at a 3 to 1 ratio: 3 parts sitting to 1 part standing should be considered if mixing sit-stand postures.
- Provide some variation in workplace environment such as shared height adjustable or standing workstations. Staff could then reserve these work stations to work in standing for portions of a day.



Walk

- Walk to deliver messages and files in person when you can to increase movement.
- Walk to work, park further away or get off the bus a few stops earlier & walk part way to work.
- Walk at lunch. Avoid sitting at your desk and working during lunch.
- Use your laptop, smart phone or tablet to allow for mobility of work - meet with a colleague in another space, possibly while standing.
- Take the stairs—one study demonstrated that 7 min of stair walking/day reduces heart disease by 2/3
- Use an app on your phone, a 'fit' bracelet to remind you to move after 30 minutes and to track your mobility during the day.

What can you do?

- Commit to reducing sedentary behavior at work and at home.
- Commit to 150 minutes of moderate to vigorous physical activity/week.
- Use a pedometer to help increase overall steps/day. Average Canadians take 2000-3000 steps/day while at least 10,000 steps daily are recommended. Pedometers can be purchased cheaply from most drug stores and free Smart Phone apps are available for easy download