

An office worker's guide to getting 10,000 steps a day



What does your working day look like?

- 1 Commuting to work**
 The average UK commute is 56 minutes¹
- 2 Using a computer**
 Office workers spend 5 hours 47 minutes sitting at their desks²
- 3 Sitting for lunch**
 56% of UK workers do not take their full lunch break³
- 4 Commuting home from work**
 Commuting for over 20 minutes leaves workers more susceptible to chronic stress⁴
- 5 Winding down at home**
 UK adults spend an average of 8 hours and 41 minutes a day on media devices⁵

GYM BUNNY?

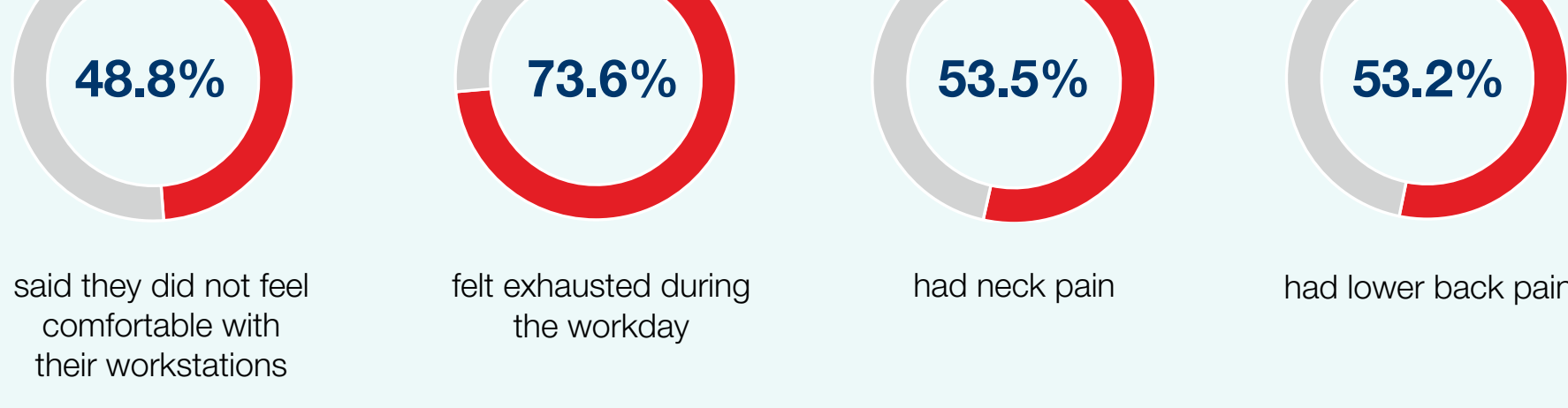
Scientists say even a gym session might not be enough to offset the risks of an otherwise sedentary lifestyle.⁶

What's so bad about sitting?

Sitting down itself isn't dangerous: it's the amount of time spent sitting that matters. Studies have found that the longer people sit without moving, the more likely they are to develop⁷:

- Cardiovascular disease
- Diabetes
- Cancer
- Metabolic syndrome
- Obesity
- Premature mortality

Other studies have found that prolonged sitting affects the way people feel. Out of 447 office workers who sat for 6.5 hours of an 8-hour day,⁹



All of this contributes to dropped productivity, low morale and more working days lost to sickness.



Physical inactivity is a global pandemic, with far-reaching health, economic, environmental, and social consequences.

- *The Lancet*⁸

It's time to move more at work

Walking has plenty of benefits¹⁰:

- Improves mood
- Reduces stress
- Relieves anxiety
- Fights fatigue
- Improves fitness
- Strengthens muscles
- Reduces dementia risk
- Cuts risk of dying from cancer
- Boosts heart health
- It's free

Experts recommend we aim for 10,000 steps a day.

Ways to get 10,000 steps a day

Shake up your commute

- If you work close enough, cycle/walk.
- If you take public transport, get off a stop early.
- If you drive, park further from your building.

Freedom to sit or stand

With the Opløft Sit-Stand Platform, you have greater freedom to move without compromising your work. In fact, being physically active and having the choice about where and how to work may even boost your productivity levels. You are no longer limited to the space around your desk. You can move - you can stimulate your mind and body and be inspired to reach your activity goals.



www.posturite.co.uk/oploft

- Set hourly reminders**
 Set an alarm to buzz every hour to remind yourself to stand up and take a brisk 1-2-minute walk.
- Don't go 'al-desko' for lunch**
 Leave your desk at lunch, even if you're just walking somewhere else to sit down - at least you're walking.
- Go for a walking meeting**
 Need to catch up with colleagues? Suggest going for a walk while you chew over ideas.
- Use a sit-stand desk**
 Even the act of standing up activates your muscles and increases your heart rate.
- Suggest active socials**
 Why not swap the after-work drinks on Friday for team sports at your local park?
- Use a balance board**
 A balance board encourages you to pace and move at your desk.

Did you know¹¹...

- 10,000 steps** = around **5 miles** for an adult
- 52%** of adults walk a mile or less on an average working day
- 5 miles** of walking = around **500 calories** burned

What to do now?

Head over to posturite.co.uk/active-working for more tips on how to stay active and healthy at work. After that, get up and get walking!

Research Links

¹ <https://www.independent.co.uk/life-style/gadgets-and-tech/news/commuting-online-calculator-time-money-spend-travel-a6906721.html>
² <https://www.sciencedaily.com/releases/2012/01/120113210203.htm>
³ <http://metro.co.uk/2017/09/15/brits-are-only-taking-27-minute-lunch-breaks-and-its-costing-us-loads-of-money-6930485/>
⁴ <http://www.independent.co.uk/travel/news-and-advice/commuting-for-more-than-20-minutes-makes-you-stressed-and-cynical-10278874.html>
⁵ <http://www.bbc.co.uk/news/technology-28677674>
⁶ https://www.washingtonpost.com/lifestyle/wellness/even-with-exercise-long-periods-spent-sedentary-are-deemed-a-health-risk/2011/07/07/gIQAicwRAI_story.html?hpid=hp_hp-top-table-main-sedentary-lifestyle-20110707_story_11p-10%3Ahomepage%2Fstory&hpid=hp_hp-top-table-main-sedentary-lifestyle-20110707_story_11p-10%3Ahomepage%2Fstory
⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3477898/>
⁸ https://www.walkingforhealth.org.uk/sites/default/files/Walking%20works_LONG_AW_Web.pdf
⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618737/>
¹⁰ <https://www.telegraph.co.uk/health-fitness/body/health-benefits-walking/>
¹¹ <https://www.theguardian.com/society/2017/may/26/unhealthy-britain-half-of-adults-walk-less-than-a-mile-a-day-survey>

