Sit, Stand, Move: The importance of physical activity at work

Safety In Action Sydney
10th October 2018
Hello!

I am Daniel Angelini.

Co-founder of MOVI workspace.

I’ve worked long hours in office environments for 15 years and I’m passionate about making workplaces healthier. I have extensively researched the positive impacts of movement, which is detailed in my book, The Sitting Epidemic.
Agenda

1) Understanding the impacts of prolonged sitting on your wellbeing
2) Why it's as important as ever to have a healthy workplace and team
3) How to start implementing changes throughout your workday
4) The benefits of a standing desk and how to use them safely
“Our bodies are not meant to be sitting. Regular postural changes are essential for our musculoskeletal health. More movement keeps the whole system in good shape.”

Excessive sitting causes issues with:
- Vascular systems
- Muscles & joints
- Causes low back pain

Professor Neville Owen
Baker IDI & Swinburne University
The average Australian worker spends almost **33 hours per week** at the workplace. Those working full time in jobs that involve ‘mostly sitting’ spend **on average 6.3 hours per day sitting** at work.

Include transit, lunch, dinner, rest time this can accumulate to be **11 hours a day**.

Sitting for **12 hours a day** puts your risk of being diagnosed with heart disease and cancer at the same level as a chronic smoker.

Consider the 90/90 Rule
How Prolonged Sitting Impacts Our Wellbeing

147% increased risk heart disease
And greater risk of Cancer, Obesity & Diabetes

40% more pressure on your spine
Plus several postural and muscle atrophy affects

Depression, anxiety, and stress
Some studies associate prolonged sitting with de-motivation
How Prolonged Sitting Impacts Our Society

70% Australians are sedentary
That’s almost 12m Aussies, Australian Department of Health

4th highest risk factor
3.2m preventable deaths, World Health Organisation 2009

80.8% health costs
Costing the health system > $1bn annually, Medibank Report
But I Exercise?

- If you sit for 8 hours a day and undertake 1 - 1.25 hours a day of physical activity, your health risks from sitting time may be significantly reduced or eliminated.

- **But**, this equates to 7 - 8.75 hours a week of exercise.

- **Reality**: It’s difficult for most of us to maintain this level of activity every day.
How Did The Problem Evolve?

○ Work

○ Technology (screen time)

○ Mind-dominated society

○ Comfort

○ Sitting is unavoidable
Many Australians are sitting longer than they are sleeping – sitting longer than 8hrs a day can increase risk of early death by 15% - focus on breaking up long periods into shorter periods by getting up and moving.

- Professor David Dunstan
  Head of Physical Activity Laboratory Baker IDI
How you and your workplace can benefit from moving more?
Benefits For Our Body

When we sit, stand and move our body experiences:

- Deeper breathing capacity
- Better circulation (less stagnant qi)
- Higher muscle engagement
- Improved back strength
- Increased metabolism & calorie burn
- More mental focus & productivity
- Reduced disease risk

*We are designed to move and need regular postural changes.*
Benefits For Our Body

**Disease Prevention**
Normalise blood sugar levels and reduce risk of chronic illness.

**Energy & Metabolism**
Improves blood flow, boosts metabolism, helps burn fat

**Productivity & Alertness**
Blood flow to the brain increases, stimulating brain function and concentration.

**Improved Circulation**
Lungs have greater capacity to breath deep, increasing the amount of oxygen in your blood.
Benefits For Workplaces

3X More Productive

A study in Australia by Medibank has shown that the healthiest employees at a company are almost 3 times more productive than their unhealthy colleagues.

1,128hrs Output

Unhealthy employees output 49 effective hours worked per month.
Healthier employees output 143 effective hours worked per month.
Benefits For Workplaces

8 days Less Sick Leave

In America, healthy employees take avg 4 sick days annually.

Employees with poor health take an average of 12 sick days per year.

Improved Presenteeism

Ever been physically present but mentally elsewhere? This is presenteeism.

Caused by work-life imbalance, high stress or poor health. It costs employers 6.5 days of productivity a year.
We spend so many hours at work. Changing work habits leads to incredibly positive life outcomes.

- Dr Piers Bubbers, Osteopath
How to implement ‘movement’ changes into your workday
Small changes to our day

Since we sit the most at work, this is the place where we should be incorporating movement into our day.

My top 5 tips

1) Take a movement break every 30-40 mins
2) Walking/standing meetings/calls
3) Walk at lunchtime
4) Use the stairs
5) Talk face-to-face
Swisse Wellness

- Onsite gym
- Daily meditation
- Onsite wellness coach
- Wellness week
- Positive environment
- People first
Medibank

- Office design
- Green plants & natural light
- Activity-based working
- Encouraging collaboration
- Embrace change
Using a Standing Desk

Does any one use one?

How do you feel?

• They are a catalyst for movement

• But don’t stand all day!
Have the right expectations

- You won’t get toned overnight
- They need to be used correctly?
- They’re a tool, not the single answer
- Changing behaviour is just as important
DO’s

• Change your posture often
• Stand for 20-40 minutes at a time
• Aim for around 2 hours total standing
• Take breaks and sit when you’re tired
• Consider correct ergonomics
• Use flat shoes (no high heels)
• Stand evenly on both feet
• Feet shoulder width apart

DONT’s

• Go all day with no breaks
• Don’t ditch your chair
• Push through unrealistic goals
• Forget to change postures
• Use non-ergonomic heights
Thanks!

Any questions?
You can find me at

○ Stand D10
○ www.moviworkspace.com
○ daniel@moviworkspace.com