

Further ideas for workplaces

There are a number of ways that office-based workplaces can support a 'sit less' and 'move more' culture within the organization. Example of simple, low cost options are:

- Inclusion of a standing break during meetings – make it a 'standing agenda' item
- Displaying posters that encourage standing breaks and stair use
- Utilizing software on computer, smartphone etc. that prompts employees to stand up and/or take a break from their computer
- Providing suggested local routes for walking meetings

There are many ways employees can move more and decrease extended sitting time throughout their working day. Simple tips include:

- Using the stairs instead of the elevator.
- Standing and taking a regular break from your computer, such as every 30 minutes
- Taking a standing break during meetings, or trying a standing meeting – they tend to be shorter too
- Standing to greet a visitor to your workspace
- Walking to a colleague's desk instead of phoning or emailing
- Drinking more water – healthier alternative to coffee or soft drinks and promotes going to the water cooler and toilet will break up sitting time.
- Moving the garbage can and recycling containers away from your desk so you have to get up more regularly
- If meeting with one or two people, trying a walking meeting instead
- Using headsets or the speaker phone during teleconferences to allow standing
- Eating lunch away from the desk
- Standing at the back of the room during presentations.