

## sit less, move more - why it matters

Humans are designed for activity and movement – not to sit or stand for long periods. But this isn't always readily compatible with modern lifestyles or work.

For good health, we need to be physically active **and** [reduce our sedentary behaviour](#) (sitting or lying down for long periods while awake), both at work and in our leisure time. This helps to minimise the risk of serious ill-health, as well as prevent (or manage any existing) aches and pains.

With reduced face-to-face interaction, for some people working from home can mean more intensive computer use and longer sitting times. But others find homeworking means they are more mobile during the day than they would have been in the office.

## what can I do?

- Think about your own activity levels and sedentary behaviour – both during and outside of work.
- Try to meet [recommended physical activity guidelines](#) (NHS). Remember that **any** amount of physical activity is better than none at all.
- If you sit for long periods while working from home, look for opportunities to sit less and move more – some ideas are listed below. As a rough guide, aim to break up each hour of sitting time with at least one minute of standing or movement – but if you can do more than that, even better.
- Avoid static postures – staying in the same position for long periods – even if you think your posture is 'good'. Think of it this way:

## The Best Posture is the Next Posture

## Active Working Tips – Working from Home

Anything which gets you up and moving is positive – these are only suggestions:

- 1 **Just stand up** and move around periodically.
- 2 Take a **proper lunch break**, ideally away from where you work.
- 3 If possible, agree with colleagues periods when meetings will not be scheduled to ensure lunch breaks are preserved.
- 4 **Stay hydrated**. Avoid large glasses or containers to encourage you to refill more often.
- 5 Do some [stretching exercises](#).
- 6 If you have an office chair, adjust it so that you can easily move and change your posture while seated (**dynamic sitting**). [Task chair adjustment guide](#). If you don't use an office chair, moving in other ways just becomes more important.
- 7 **Use technology** (e.g. activity trackers, smartwatches or apps) which prompt you to move or stand after a period of sitting.
- 8 If practical, build in any quick **household tasks** (e.g. laundry) which require standing or movement to your day.
- 9 Where you can, plan your day to **vary work tasks**, e.g. allocating time for reading to break up intensive computer use.
- 10 Carry out **different tasks in different places** if that's suitable for you – for example, moving around/going outside while on mobile calls.
- 11 **Move something** which you use fairly often (e.g. an item of stationery) further away so that you have to get up to use it.
- 12 For **longer video calls**:
  - build in regular mini-breaks to give everyone the chance to move, and to help avoid '[Zoom fatigue](#)'
  - if you can, avoid being tethered to a particular working location by a cable. Using wireless headsets or earphones, or the device's own speaker and microphone, could allow more movement.
- 13 If you're fortunate to have **sit/stand furniture** at home, regularly alternate between sitting and standing to work. Or, you could use a laptop or tablet placed on a suitably high piece of furniture to **stand and work** for a period – see image below).



periodic standing to work using household furniture

- typing surface at approximate elbow height
- screen height raised (use anything stable – box, files, books etc.)
- external keyboard and mouse connected