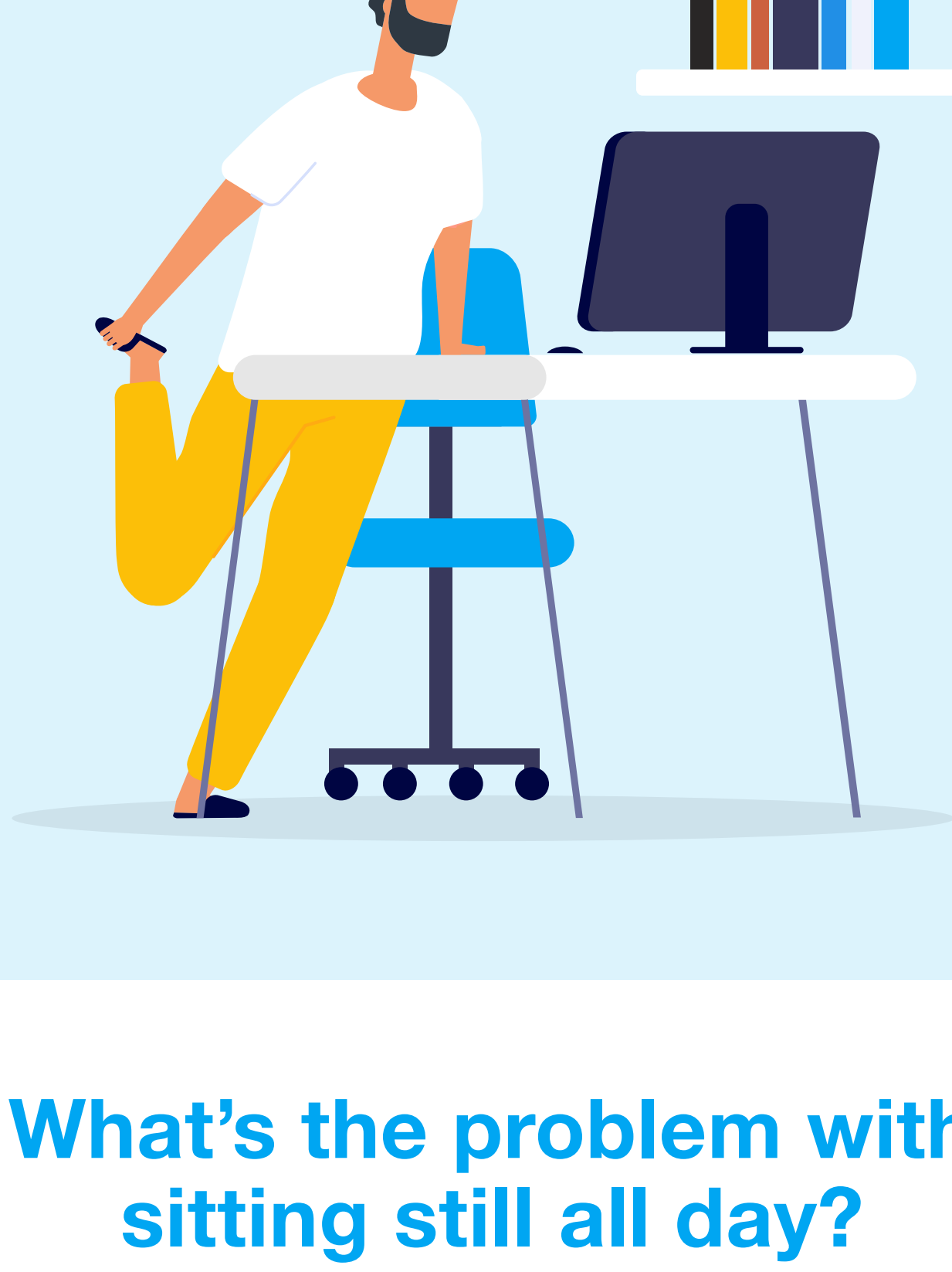


How to combat inactivity when working from home

When you switch to working from home, incidental activity (those steps you barely notice when you walk to your car, up the office stairs, or to the toilets) can easily diminish. Here we look at the dangers of inactivity while homeworking, and the best way to avoid it.



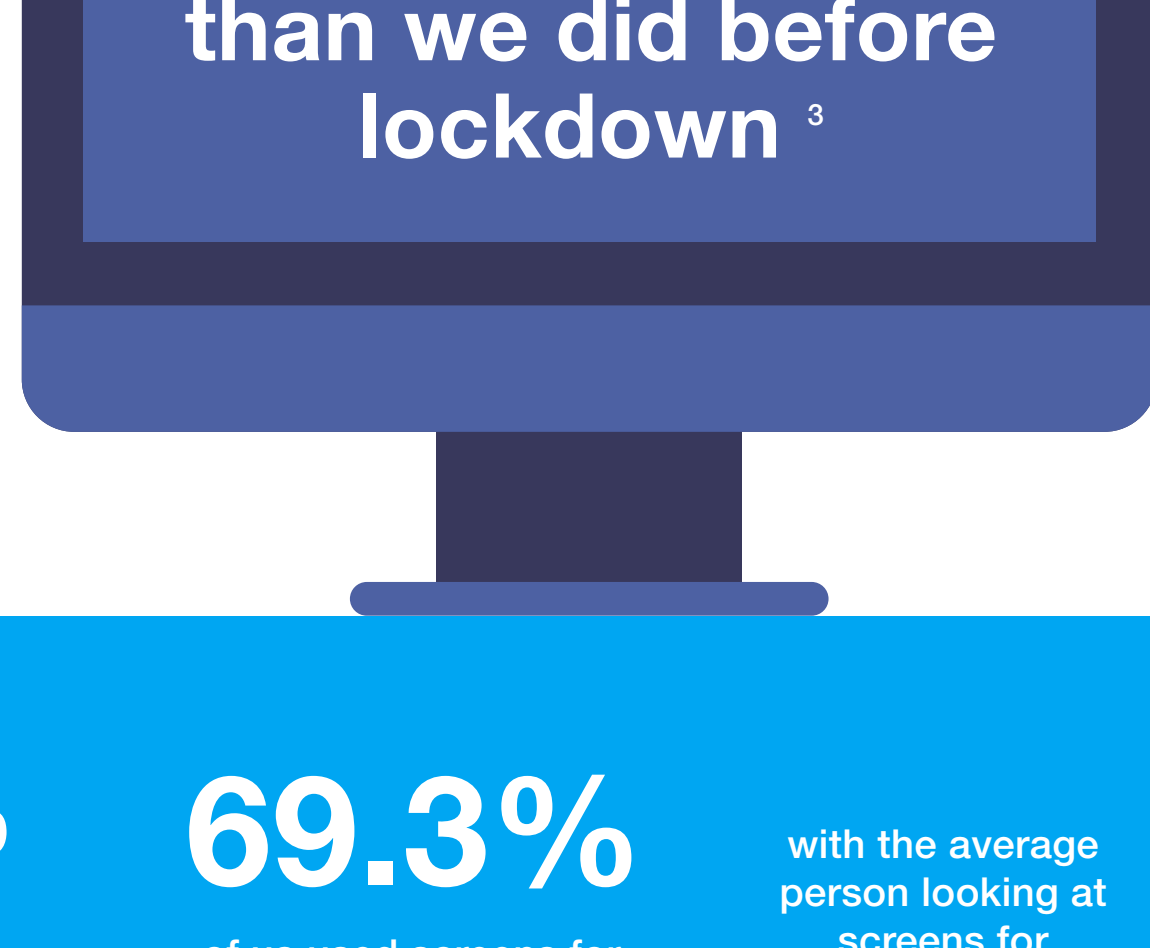
What's the problem with sitting still all day?

- Physical inactivity is responsible for **1 in 6 deaths**¹
- Sitting for too long **increases your risk of disease**¹
- Physical inactivity costs the UK **£7.4 billion** annually¹
- It can **increase back pain** and other MSDs¹
- You'll feel **uncomfortable and less productive**¹
- It could **lower your mood**¹

How much should we be moving each week?

- 2.5 hours of moderate intensity exercise**, like walking, vigorous cleaning and gentle cycling¹
- OR 1.25 hours of vigorous activity**, such as sports, running and exercise classes OR a mix of both¹
(please check with your doctor before undertaking a new exercise regime)
- Strengthening activities** on 2 days, like yoga, body weight conditioning, or weight lifting¹
- Reduced extended periods of sitting**¹

Reducing your time spent sitting is key. Studies have linked being inactive with being overweight and obese, **type 2 diabetes**, some types of **cancer** and **early death**. Prolonged sitting can also **slow the metabolism**, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat.²



- Life in 2019**: **69.3%** of us used screens for 6+ hours a day³ with the average person looking at screens for **9.8 hrs** per day³
- Life in 2020**: **87.3%** of us used screens for 6+ hours a day³ with the average person looking at screens for **11.3 hrs** per day³

That's an extra **1.5 hours** spent looking at screens every day since the start of lockdown.³

What keeps us moving at the office?

- Steps getting there and back
- Climbing stairs
- Getting to meetings/seeing and talking to colleagues
- Walking to fetch refreshments
- Using the loos
- Going out for lunch

At home, unless you live in a mansion, there's probably significantly less distance to travel throughout the day. Those lost steps could make a difference to your health over time.

Inactivity traps at home include:

- Not needing to commute
- No-one to remind you to get up frequently
- Less distance to travel for refreshments
- Lure of the sofa and TV on lunch breaks
- In comfy clothes - less likely to leave the house

Ideas to ramp up your work from home activity levels

- Wear a fitness tracker to count steps
- Set daily targets - like 60 active minutes, or 10,000 steps a day
- Set an alarm for every hour to get moving
- Use an active sitting chair for short period of time to activate your core muscles
- Start every day with a walk or exercise routine
- Throughout the day, dance, do jumping jacks, run on the spot, or anything to get your heart pumping
- Try a balance ball - sit on it for a few minutes every hour to strengthen your muscles
- Stretch regularly
- Walk to and from the food shop instead of driving
- Use a skipping rope for stationary exercise where space is limited
- Do a squat while waiting for the kettle to boil
- Use a wireless headset and take calls while pacing your living room
- Head out for a walk, cycle ride or jog on your lunch break
- Be strict about taking regular breaks
- Use a sit-stand desk and switch between sitting and standing every 20 minutes
- Use a balance board to pace and rock while you stand

What next?

For great products to get you started with a more active WFH lifestyle, you can browse our agile working category www.posturite.co.uk/agile-working-products

Research Links

¹ www.gov.uk/government/publications/physical-activity-applying-all-our-health/physical-activity-applying-all-our-health
² www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who
³ www.bakkerelkhuzen.co.uk/knowledge-center/working-from-home-where-are-we-now/