



Move more at work: treat your body and brain



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Professor in Sedentary Behaviour & Health



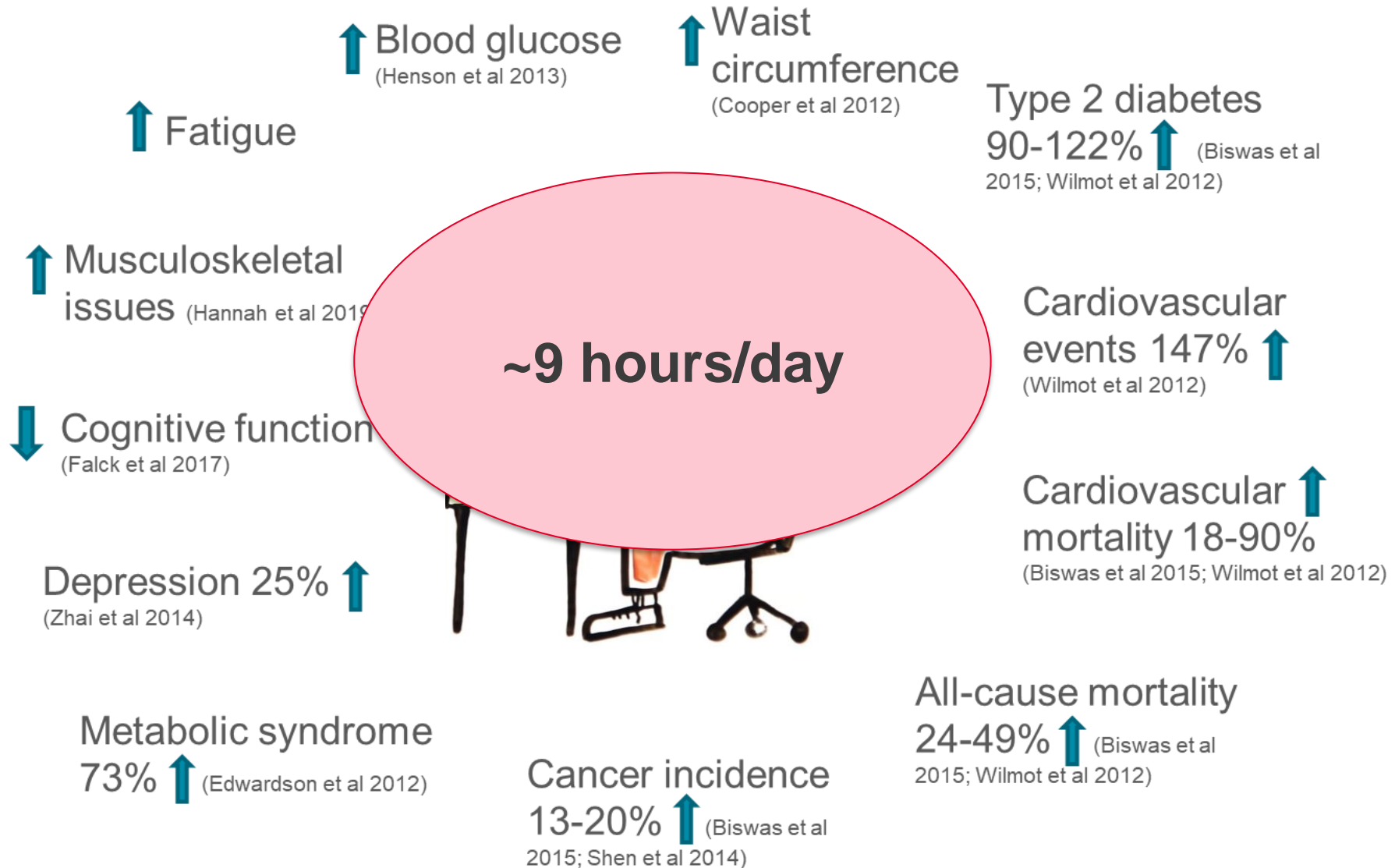


How much do we sit?





Effects of sitting too much



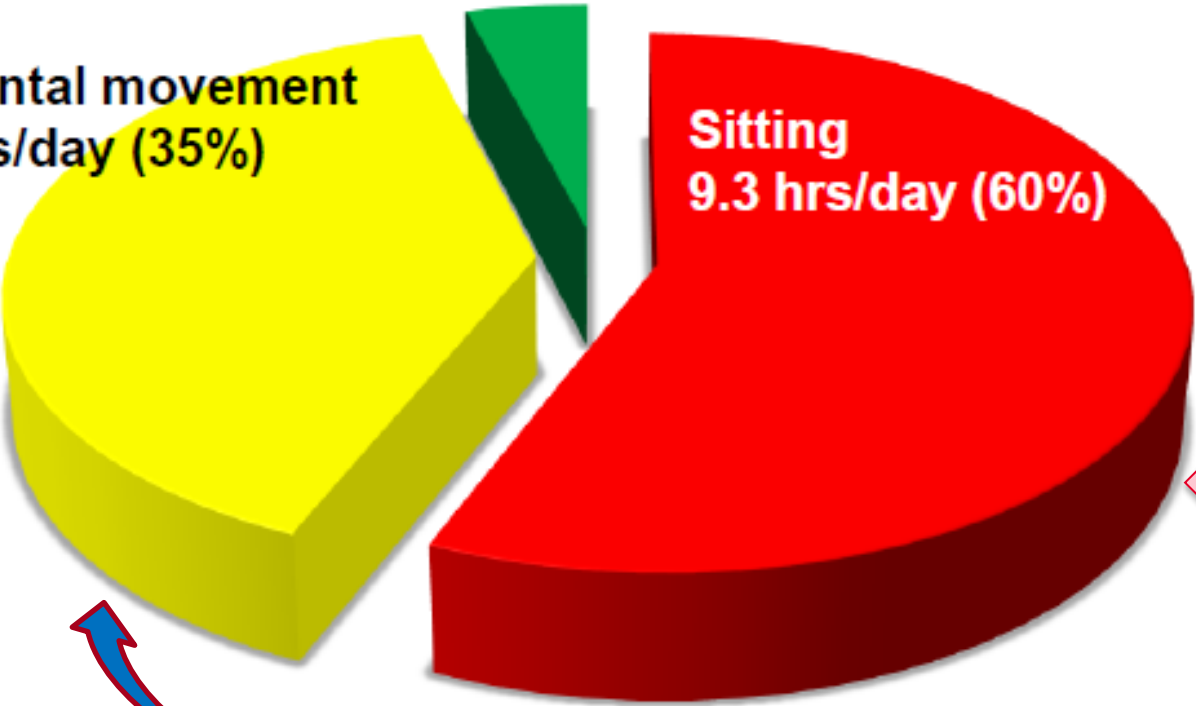


≥150 mins of MPA or ≥75 mins of VPA

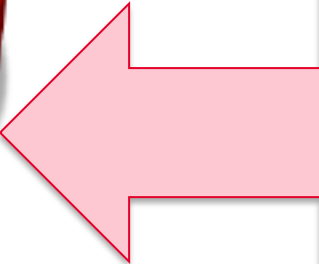


Exercise 0.7 hrs/day (5%)

**Incidental movement
6.5 hrs/day (35%)**



**Sitting
9.3 hrs/day (60%)**



Minimise the amount of time spent being sedentary, and when physically possible should break up long periods of inactivity with at least light physical activity





Benefits of regularly breaking up sitting

3-5 mins every 30 mins

← 6-7 hours →



VS



Glucose 10-40% ↓

Fatigue 23-26% ↓

Lower back issues 32% ↓

Blood pressure 3-10% ↓

Fats in the blood 7-40% ↓



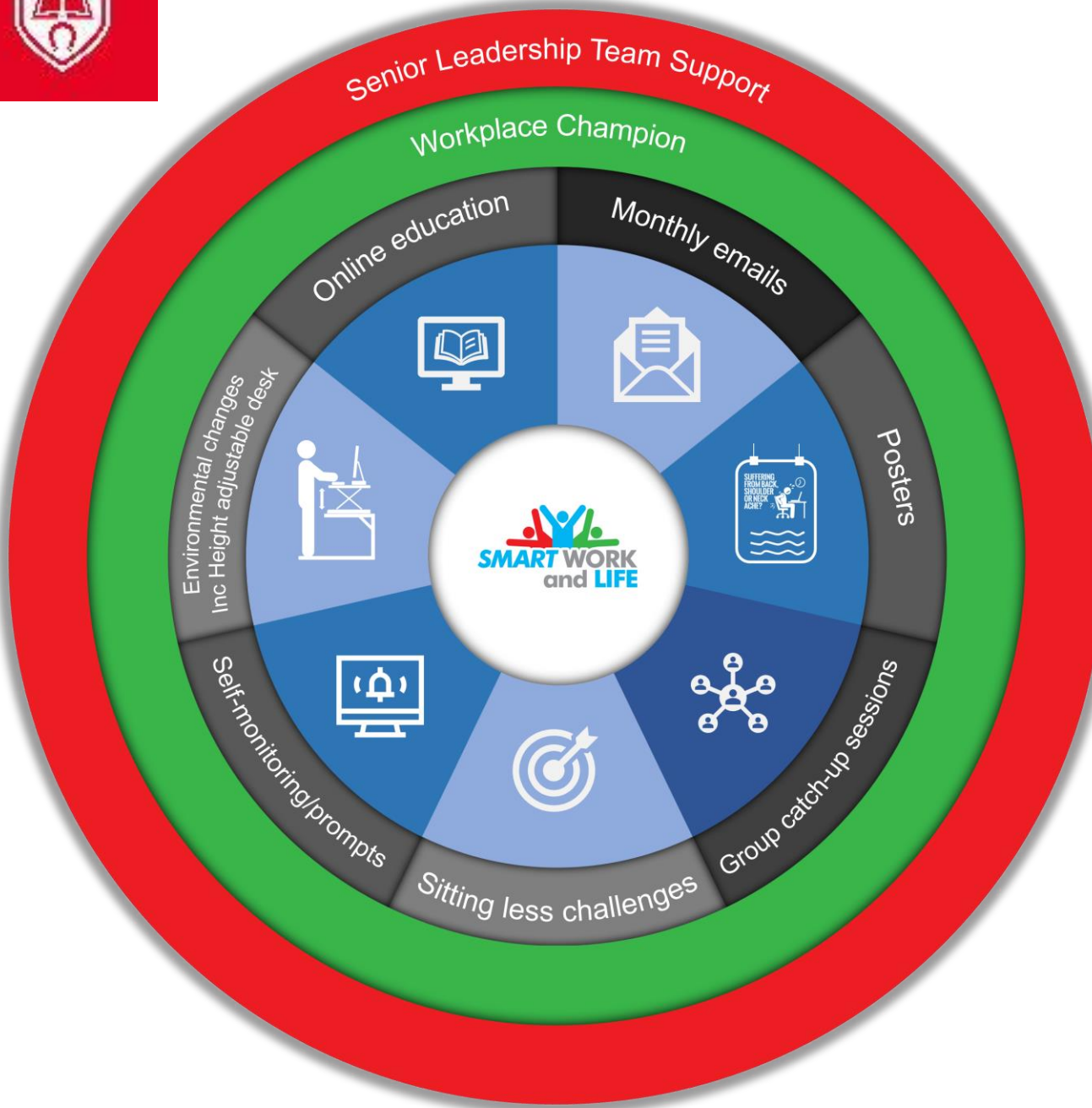
Reducing sitting: What works

Intervention functions:

- Education ‘increasing knowledge or understanding’
- Environment change ‘changing the physical or social context’
- Persuasion ‘using communication to induce positive or negative feelings or stimulate action’

Behaviour change techniques:

- Self-monitoring and prompts
- Problem solving
- Peer support
- Cultural/policy change



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Sit less and move more Fire your body back into action Get the balance right What daily tasks can you do whilst standing up?

Exam

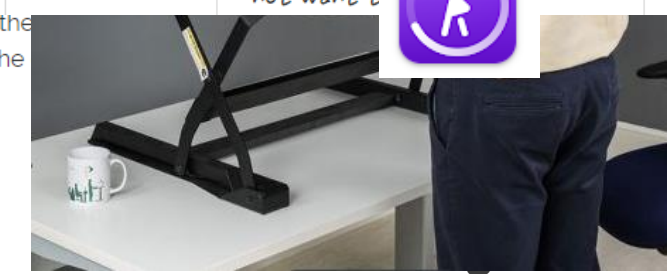
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The new norm is sitting less & moving more often Stand Up Reminder

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Prior to sending out the are getting on with the

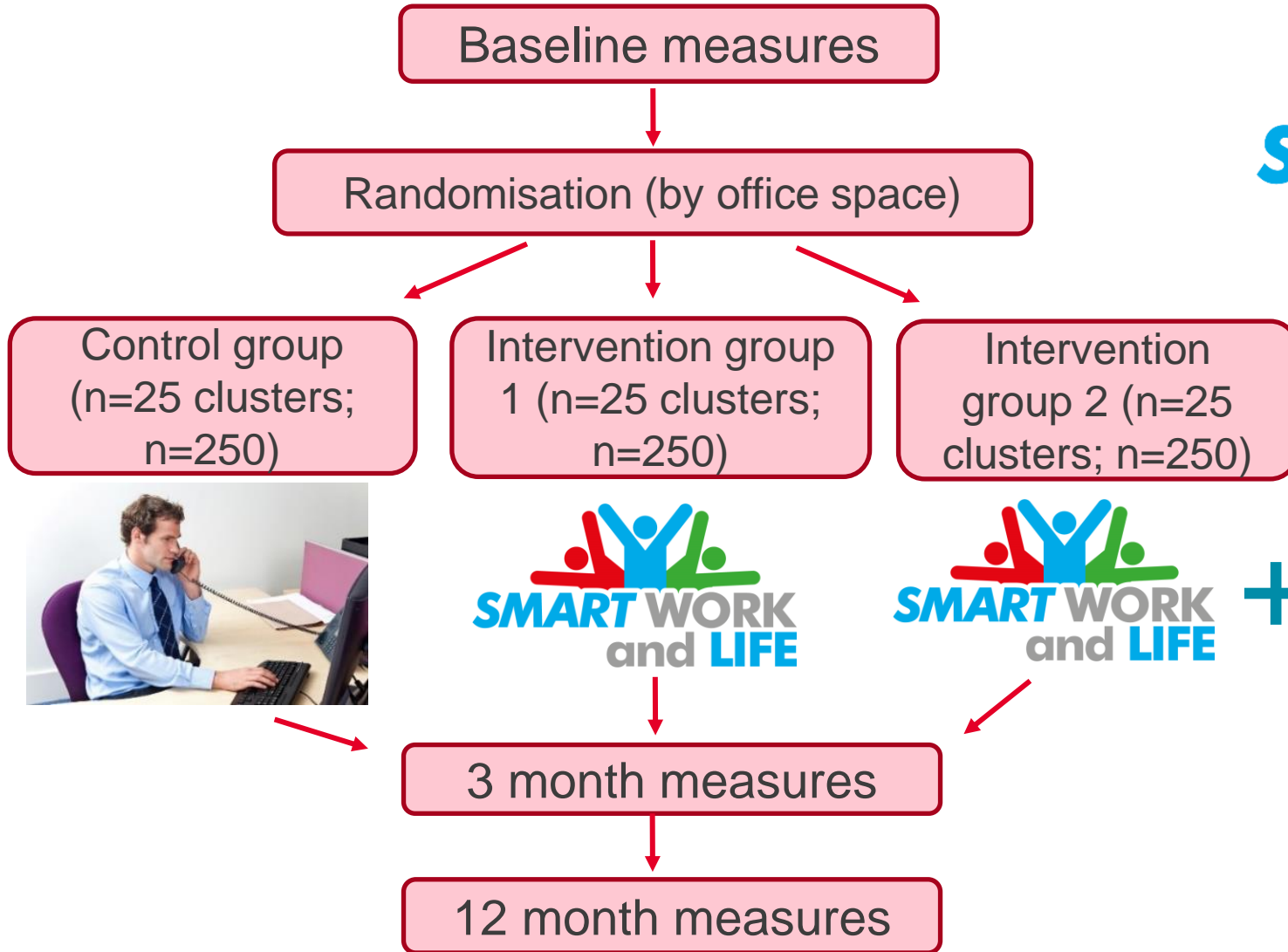
is team beforehand to ask how they



adjustable desk

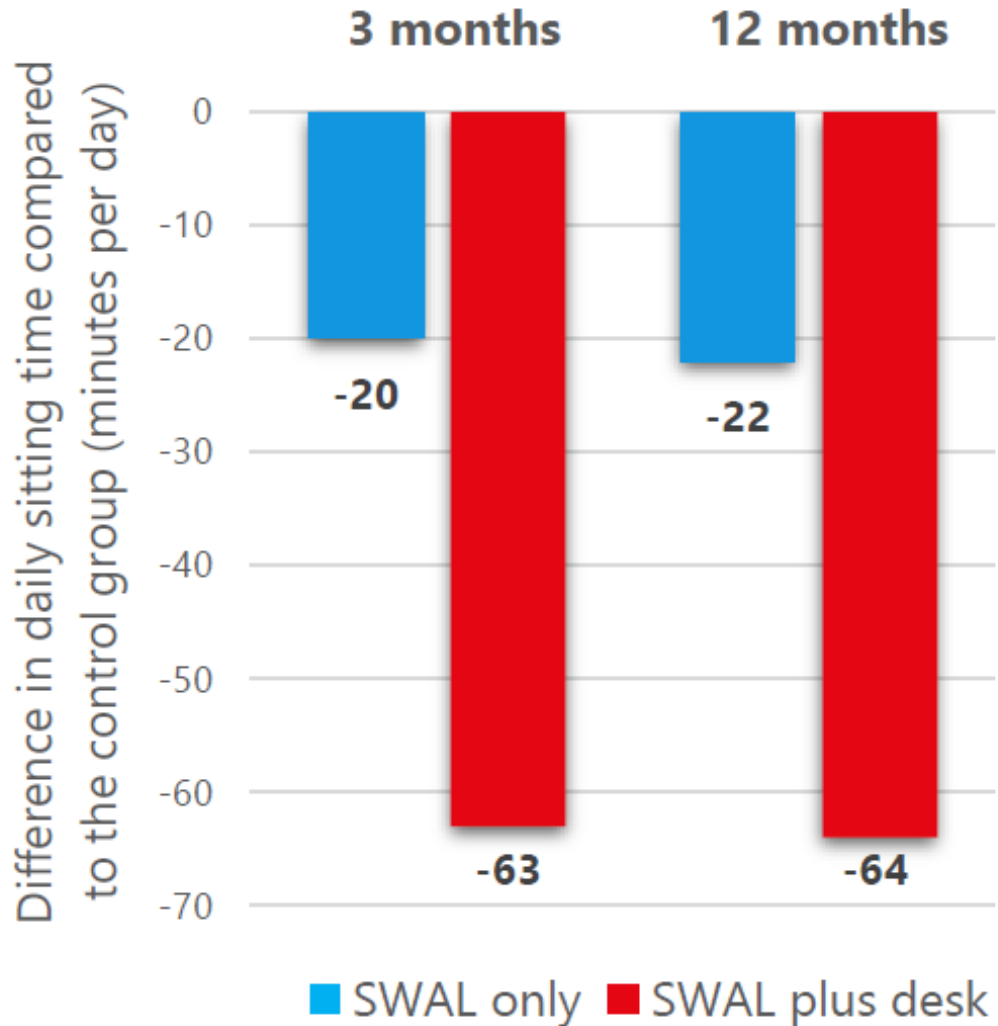


Reducing sitting: what works?





Reducing sitting: What works?



- The amount of time spent in prolonged bouts (≥ 30 -min) of sitting reduced in both intervention groups significantly
- Clusters with higher intervention implementation resulted in greater reductions in sitting:
 - *Over 30 mins in SWAL only*
 - *Over 80 mins in SWAL plus desk*



Feedback on the intervention strategies



Online education (92% completion rate)

- 90% felt increased awareness of health
- 78% felt motivated to change their

"The message was quite clear, and I thought that

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te
"I think it's fab.... We've got an online learning portfolio. And it should be part of the [workplace] induction. Or a tailored version because it's really interesting. And it's really professional, informative"*



Monthly emails

- Most appreciated the emails in the forefront of their mind, regardless of
- Some felt that an alternative like Yammer or IT messages so as to not get lost in the pile of emails.

"What it does do is it reminds you. It does act as a reminder....the email could just say, "Stand!" And that would probably do as much good for me as everything that's in it because that's the only thing it's doing. It's just giving me a prompt to remind me"



Prompt tools (31% used)

- Mixed responses, some used for 30 minutes

"It made me aware of work and then 30 min"

"I think of myself as pretty active but the walking app that I've put on my phone [...] told me I wasn't. So, it really showed me how inactive I was in terms of walking when I thought I was more active. And it also showed how the smaller things can get your steps up that you don't really think about but are pretty easy to incorporate"



Feedback on the intervention strategies



Sitting less challenges

- 60% reported reducing their sitting time in the group.
- Some mixed responses – some enjoyed sitting, others preferred not to engage

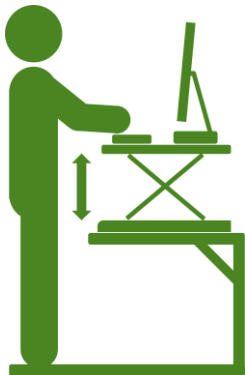
“There’s been quite a bit of fun, banter and you know, that’s quite nice. [...] A lot of us have worked together for a long time, and [...] you can have a more light-hearted approach to it, [...]”



Face-to-face

- >70% helped each other and that motivated them
- Those who were champions worked well.

“Just getting people to chat about what they’ve done, what they’ve found useful, what they haven’t managed to do, share ideas for what each other could do. And then almost that moral support. So you can say, ‘yes I was too embarrassed to do this’ or ‘it was like this when I tried that, why don’t you try that?’ And then sharing ideas to do a challenge, because each time we’ve done a [catch-up], we’ve come up with a different challenge afterwards that we’ve all shared. So I think everyone’s come out of that feeling much more motivated”



Height-Adjustable Workstation

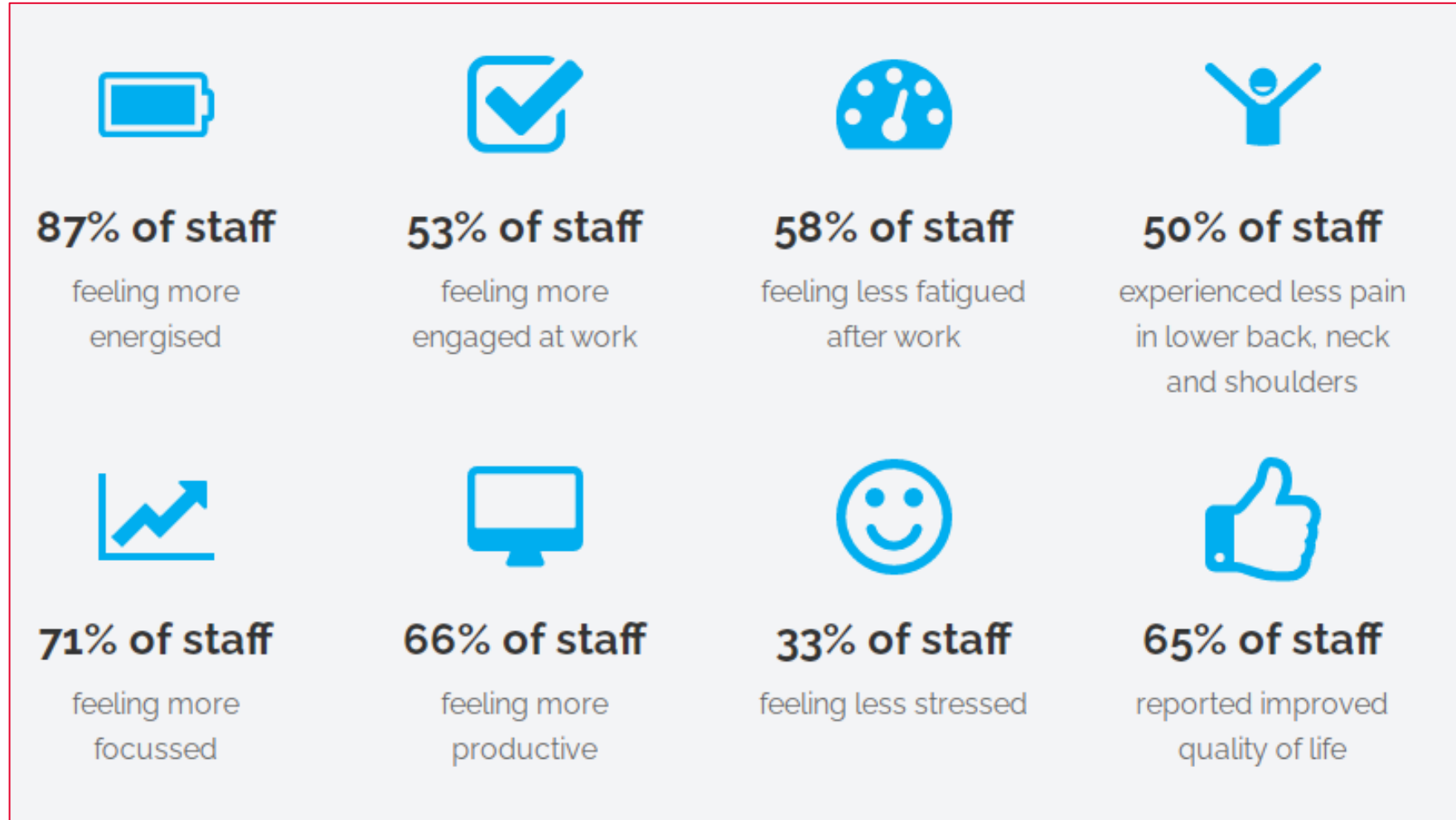
- 78% used their desk every day
- 53% still used it every day a week

“If we didn’t have the desks, then I don’t think it would have made a difference with”

“I’ve just changed my routine now. I have a 30-to-40-minute drive in [...] so I don’t even sit down when I come in. I make a drink, put the stand up and my first least hour in the day is stood up”



Reducing sitting: Benefits



The programme was found to be cost-saving = **£4.72 returned for every £1 spent.**



Benefits: Energy

I felt less fatigued at the end of the day.

Felt more alert throughout the day

Re-energises me

I used to suffer badly with the post lunch slump however I have found standing and moving more at work helps to alleviate this





Benefits: Mental

That's the thing that makes me mostly want to stand, when I've really got to get something complete and it's challenging, mentally. I feel like standing and it helps me to do that

Better clarity of thought; more alert; better mind

I concentrate better when I am standing up than when I am sitting

It helps me to focus more on a task





Benefits: Musculoskeletal

Legs/joints are much better for standing couple hours per day

Fewer aches and pain, especially in the neck, shoulders and back

The aches and pains have gone away

Better posture





Final points



- Get a healthier balance between sitting and light physical activity for better health and wellbeing
- It is possible to reduce sitting time in people who have desk-based jobs
- Management buy-in, education and environment change seem key
- Choice of strategies as one size does not fit all



Thank you for
listening



Department
of Health &
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NIHR | National Institute for
Health and Care Research

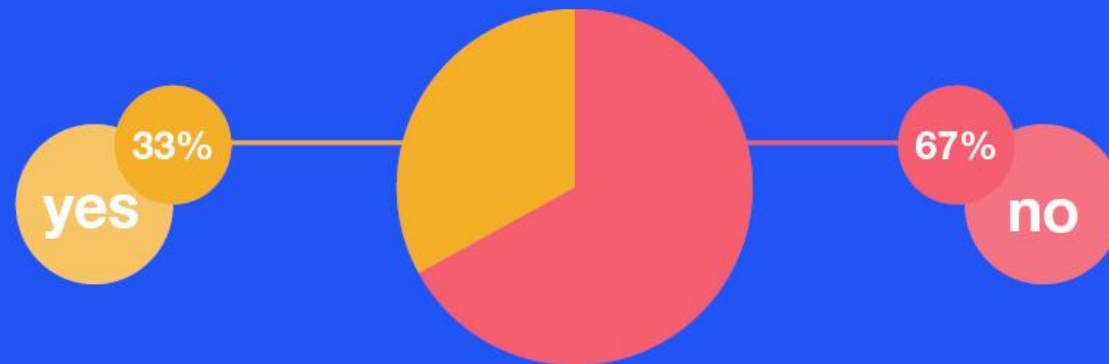
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- [Webpage: www.smartworkandlife.co.uk](http://www.smartworkandlife.co.uk)
- [Email: ce95@leicester.ac.uk](mailto:ce95@leicester.ac.uk)
- **X:** @C_Ewardson
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Homeworking health & activity 'Move it!' survey findings

Do you think you generally
move enough during your homeworking days?



Would you *like* to change your habits and move more frequently?





Homeworking health & activity 'Move it!' survey findings



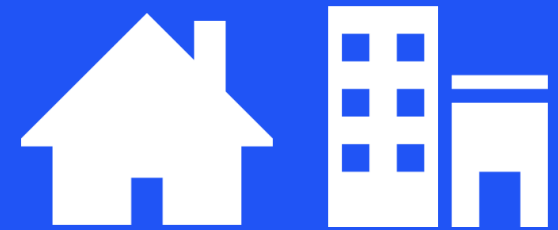
58%

Tend to be more sedentary in
the home than in the office



18%

Tend to be more sedentary in
the office than in the home



24%

It varies too
much to say

How often do you usually move away from your desk when working from home?

Every **25** minutes or less = **9%**

Every **25-50** minutes = **26%**

Every **50-80** minutes = **33%**

Every **80-120** minutes = **16%**

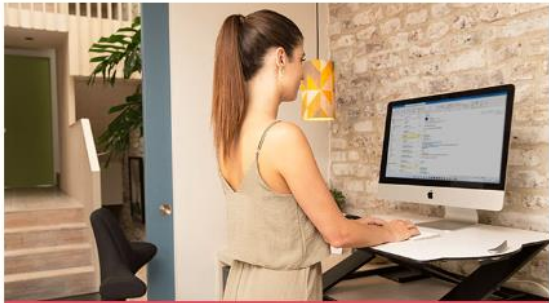
Every **120-180** minutes or more = **8%**

Every **3** hours = **8%**



“We recommend that people take short but frequent breaks – around every 30-60 minutes just for a few minutes – while they’re working.”

Dr Charlotte Edwardson,
Professor in Physical
Activity, Sedentary
Behaviour and Health



Want to win prizes?



Get ideas and resources



Free 'Move More' reminder



Become a champion!

Get involved in our new campaign **Move More in '24**

Go to bit.ly/MoveMoreIn24



Become a Move More in '24 Champion

We're looking for 12 people to become Move More in '24 Champions.

We'd simply like you to encourage the people in your organisation to move more at work – which you may already be doing!

What's in it for you?

- Networking
- Shine a light on your work
- Receive a free premium Move More in '24 water bottle

Please email marketing@posturite.co.uk to register your interest.

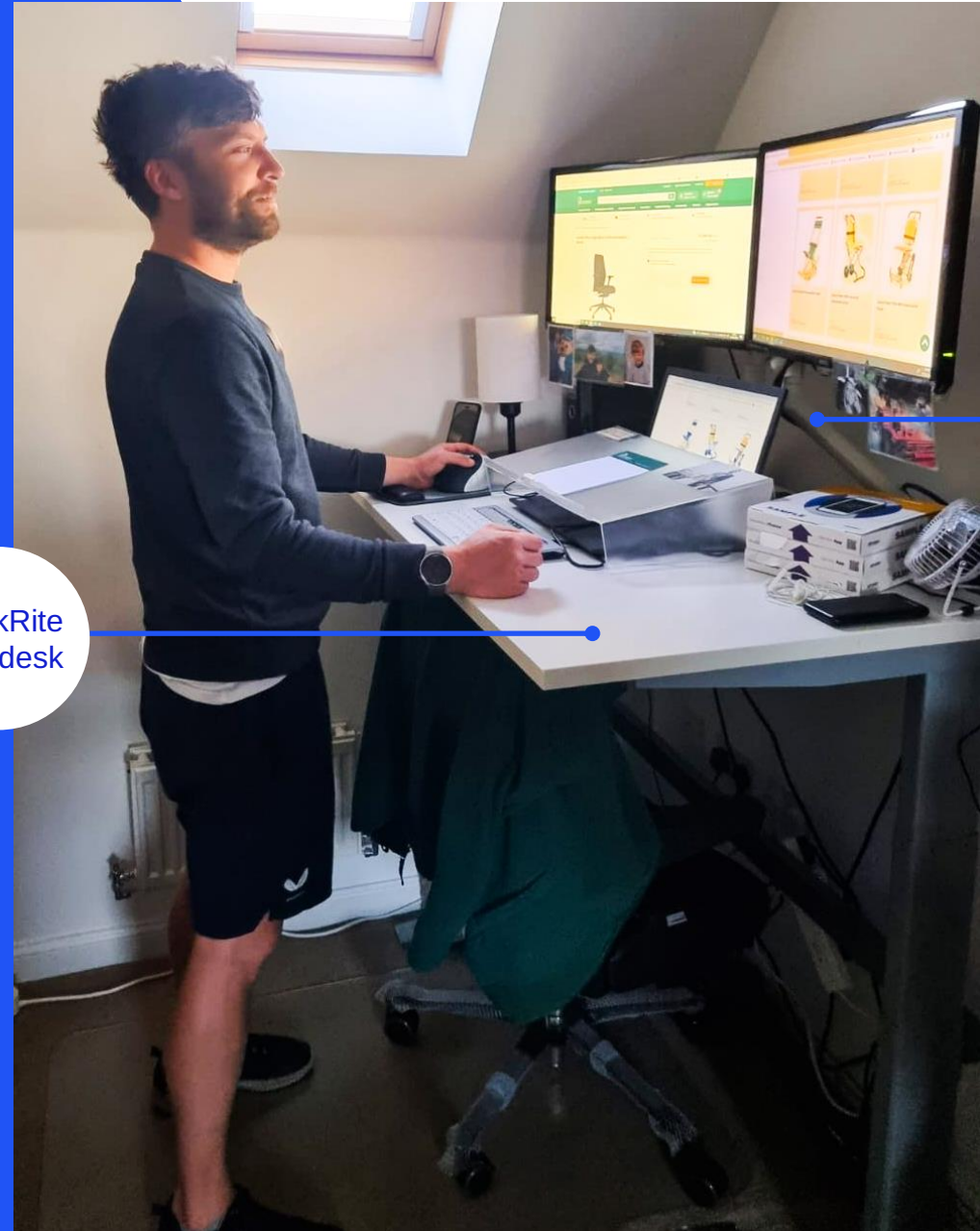
posturite.co.uk/business



- Field based for 14 years
- 2-3 days per week at home
- Remainder at client sites, on trains, cafés etc
- Some weeks 3-4 days out on the road

DeskRite
500 desk

CBS Flo
monitor
arms



Manufacturer

- Invested in sit-stand desking during office refurb
- Allowed staff to be more flexible during the day
- Improved health and productivity
- Extended to other floors within the building
- DeskRite 350 desks with programmable switch, back to back frame, acoustic panels
- HÅG SoFi Mesh chairs, best known for movement principles and centre tilt mechanism



Housing association

- Sit-stand platforms (DeskRite 100 and Opløft) installed across the office
- Staff can book and use these as hotdesks
- Investing in sit-stand desking over next 2-3 years

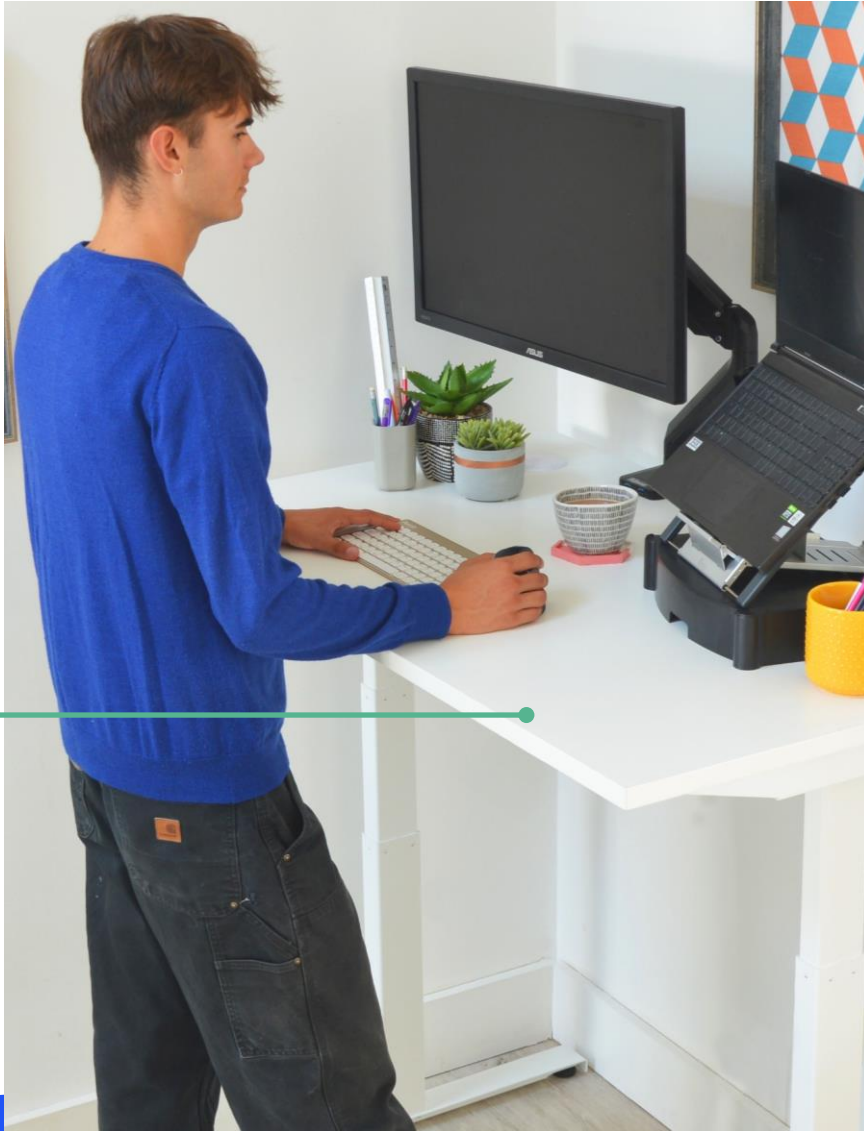


Major clothing retailer

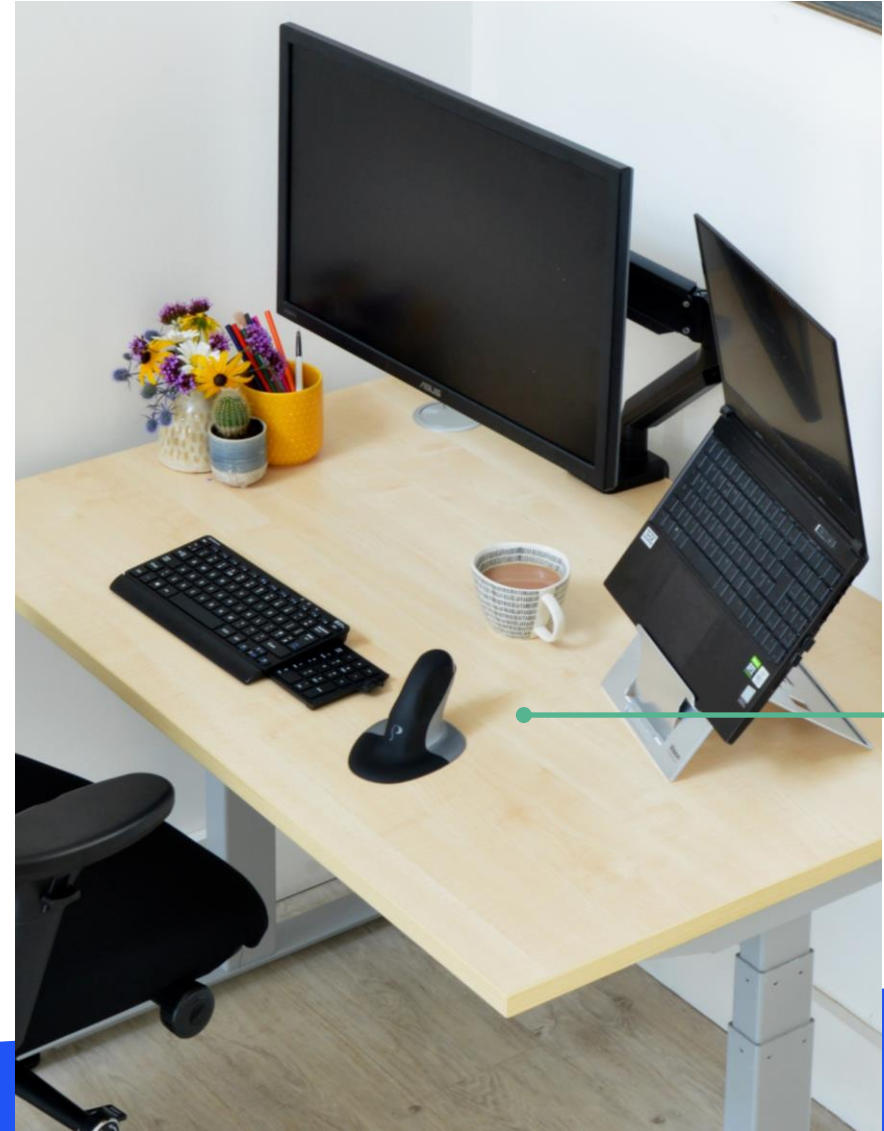
- New European HQ office with fixed bench desking
- Wanted solution for one person to stand in the same area
- Opløft with upgraded extended height clamp
- Arms are connected to fixed desk
- Opløft is raised to standing position, screens are adjusted to standing height



JOSHO



DeskRite
550

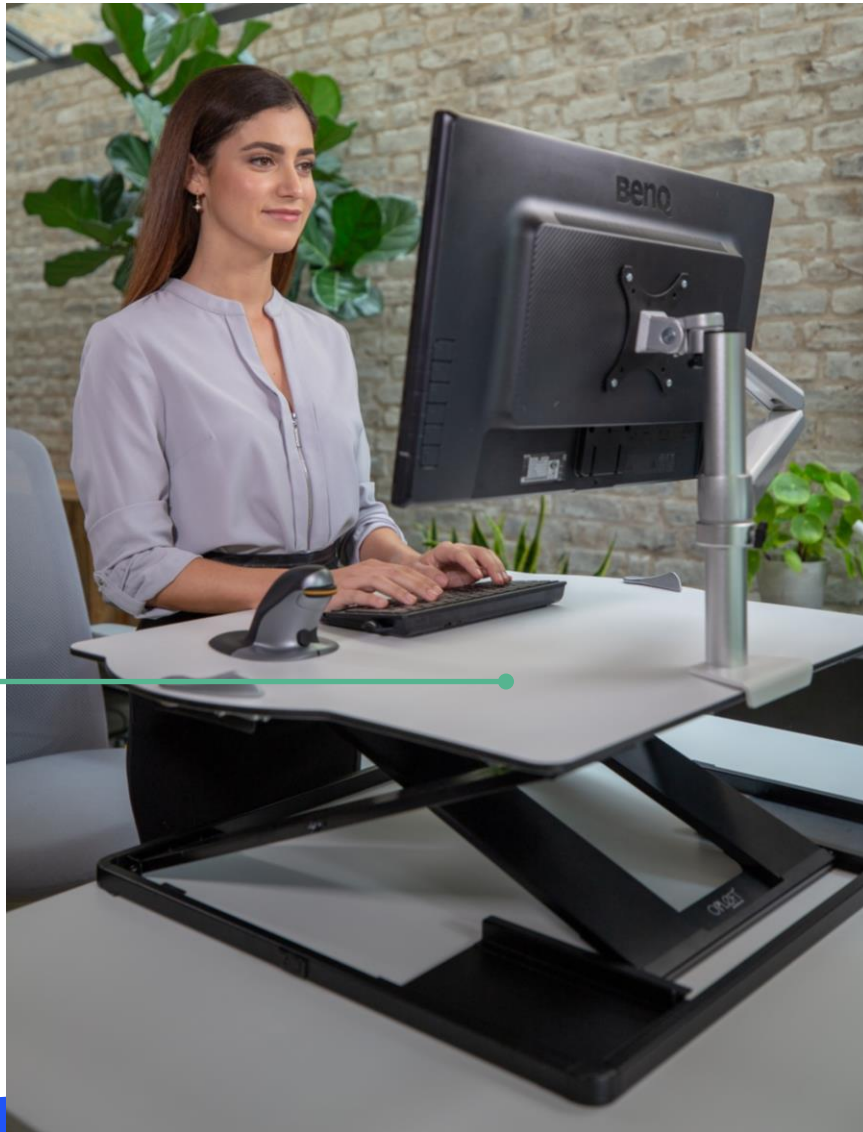


DeskRite
350

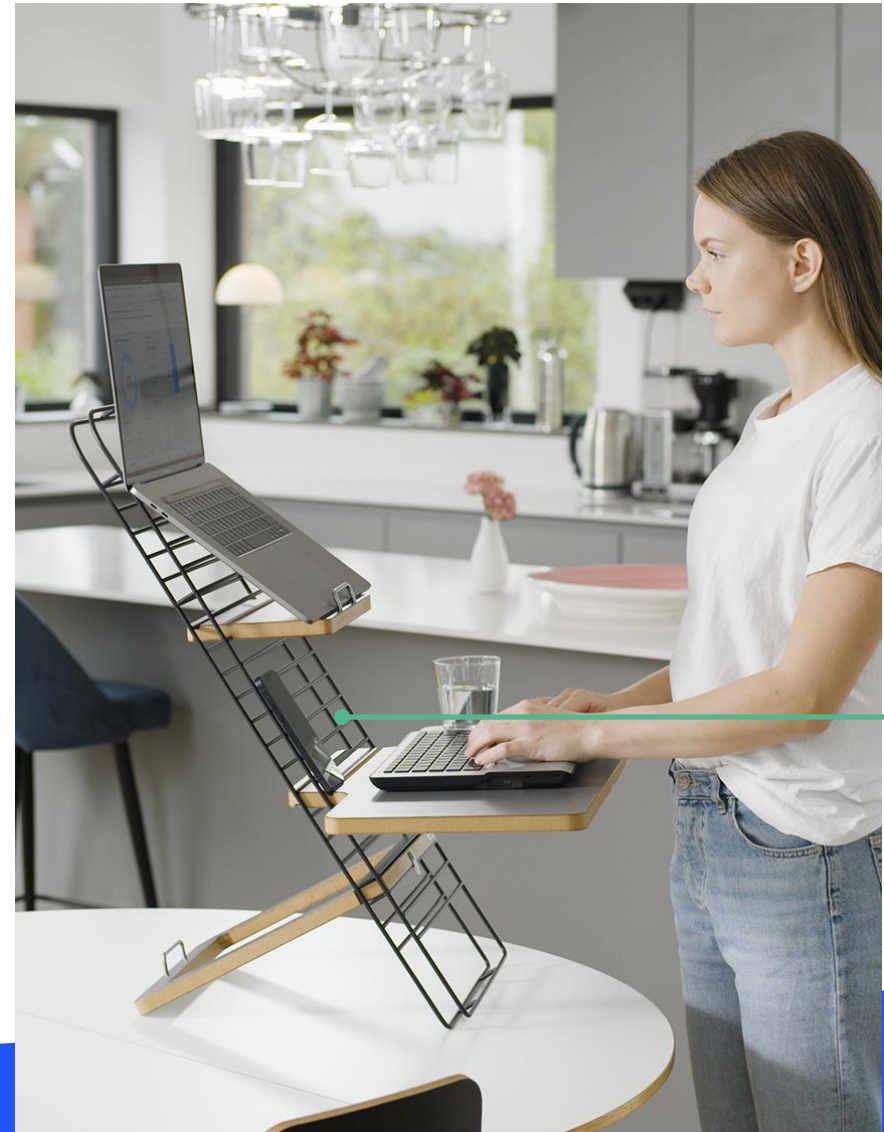


Portable
Height
Adjustable
Desk





Opløft
with
monitor
arms



Standfriend
Sit-Stand
Platform

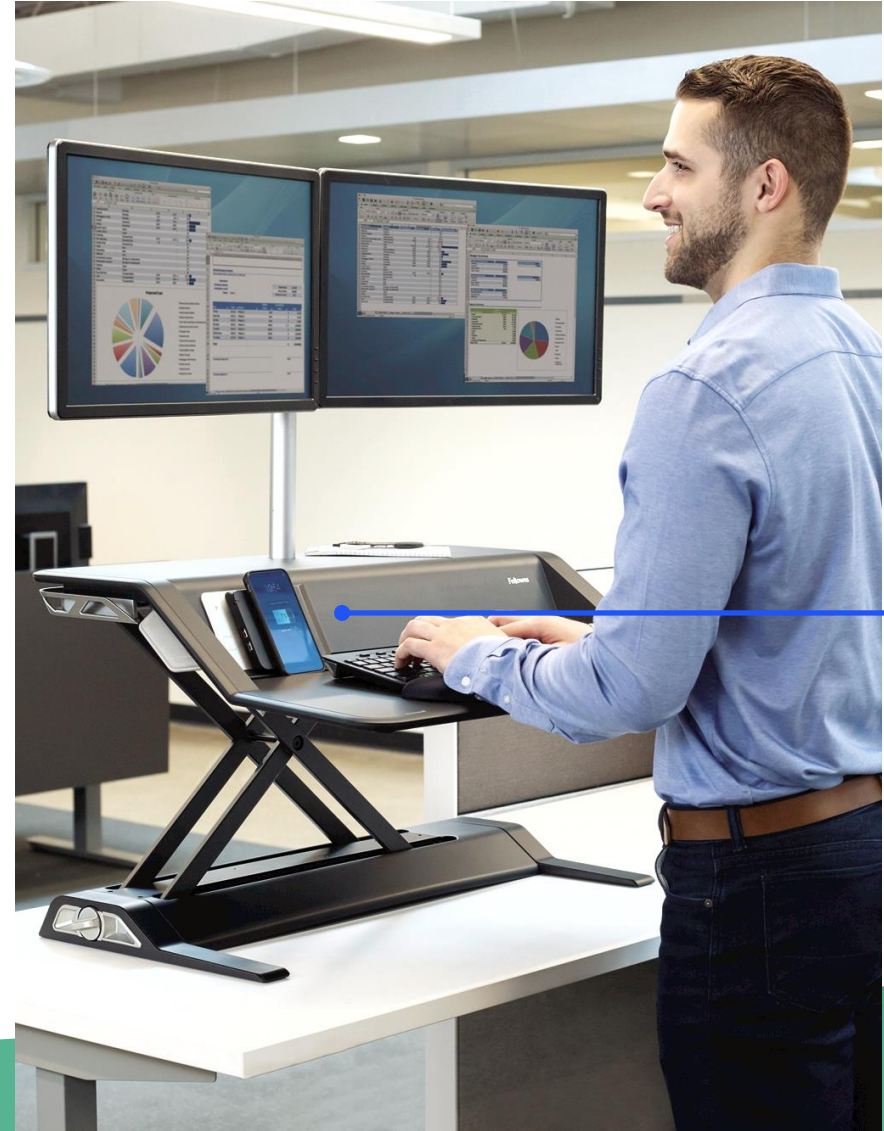
DeskRite
100 with
monitor
arms



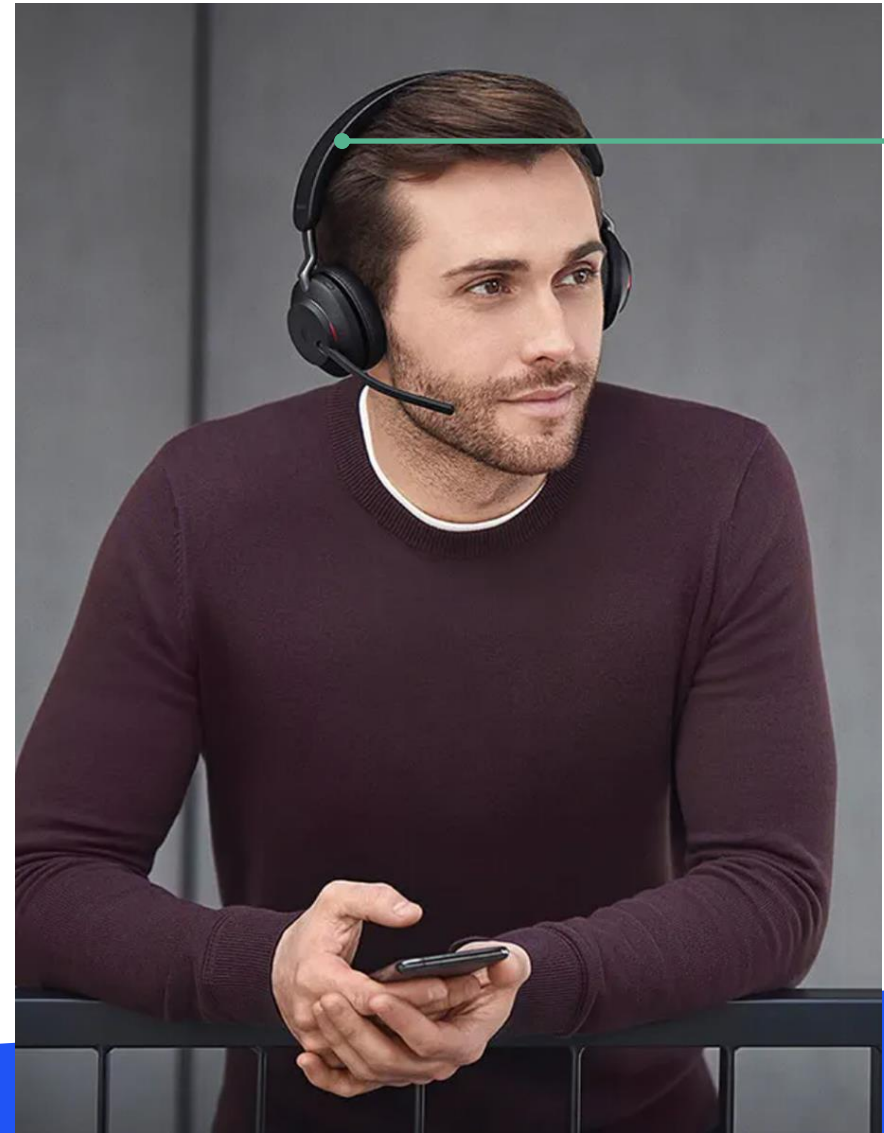
DeskRite
100-E



Lotus
Sit-Stand
Workstation



Muvman stool



Jabra Evolve 65 SE Bluetooth Headset

RH Logic
220



Breyta Foot
Support





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