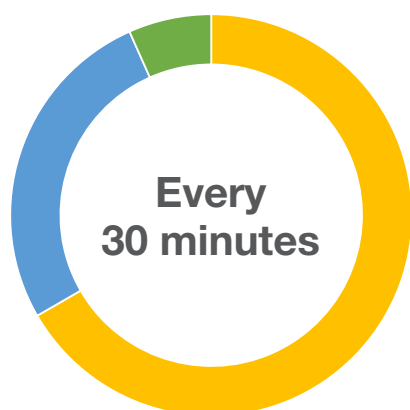


What should an ideal 'active working' day look like?

The key to greater workplace health and productivity is finding the perfect balance between moving, standing and sitting.

Break your day into 30 minute chunks. According to 'Hedge's 3s ideal work pattern' developed by Cornell University, each chunk should look a bit like this...



- 20** minutes sitting
- 8** minutes standing
- 2** minutes moving or stretching



Tips for sitting

- Feet supported
- Hips slightly higher than knees
- Sit back in the chair so you are supported
- Forearms level to desk
- Eyes level with top of screen

Tips for standing

- Forearms level to desk
- Head balanced
- Shoulders relaxed
- Feet hip distance apart
- Consider using a foot rest

Tips for moving/stretching

- Take a walk around the office
- Talk to colleagues instead of emailing
- Use the stairs
- Stretch regularly
- Walk when you break

Over a full 7.5 hour working day - excluding lunch, you will sit for five hours, stand for two, move for 30 minutes and undertake 16 sit-to-stand transitions.