

An office worker's guide to getting 10,000 steps a day



What does your working day look like?

1

Commuting to work

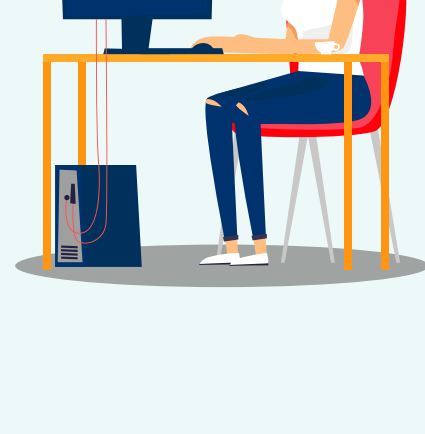
The average UK commute is 56 minutes¹



2

Using a computer

Office workers spend 5 hours 47 minutes sitting at their desks²



3

Sitting for lunch

56% of UK workers do not take their full lunch break³



4

Commuting home from work

Commuting for over 20 minutes leaves workers more susceptible to chronic stress⁴



5

Winding down at home

UK adults spend an average of 8 hours and 41 minutes a day on media devices⁵



GYM BUNNY?

Scientists say even a gym session might not be enough to offset the risks of an otherwise sedentary lifestyle.⁶

What's so bad about sitting?

Sitting down itself isn't dangerous: it's the amount of time spent sitting that matters. Studies have found that the longer people sit without moving, the more likely they are to develop⁷:



Cardiovascular disease



Diabetes



Cancer



Metabolic syndrome



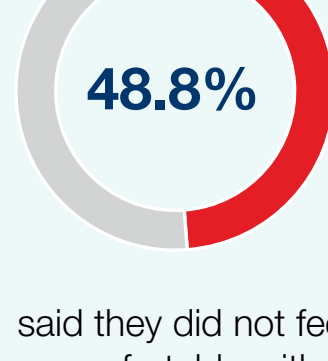
Obesity



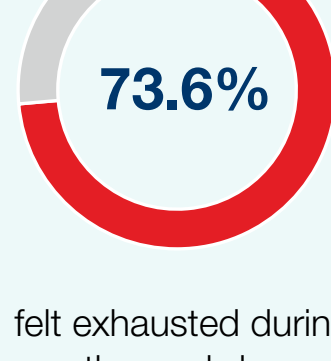
Premature mortality

Other studies have found that prolonged sitting affects the way people feel.

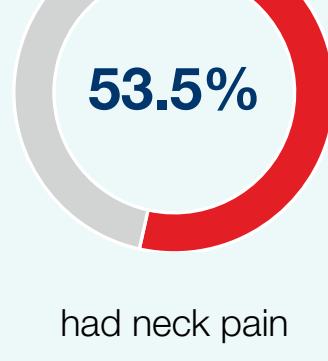
Out of 447 office workers who sat for 6.5 hours of an 8-hour day,⁹



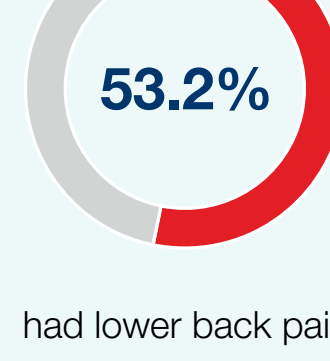
said they did not feel comfortable with their workstations



felt exhausted during the workday



had neck pain



had lower back pain

All of this contributes to dropped productivity, low morale and more working days lost to sickness.

“

Physical inactivity is a global pandemic, with far-reaching health, economic, environmental, and social consequences.

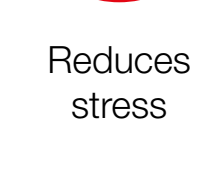
- The Lancet⁸

It's time to move more at work

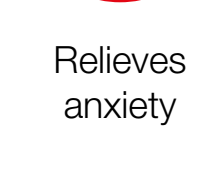
Walking has plenty of benefits¹⁰:



Improves mood



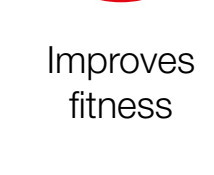
Reduces stress



Relieves anxiety



Fights fatigue



Improves fitness



Strengthens muscles



Reduces dementia risk



Cuts risk of dying from cancer



Boosts heart health



It's free

Experts recommend we aim for 10,000 steps a day.

Ways to get 10,000 steps a day

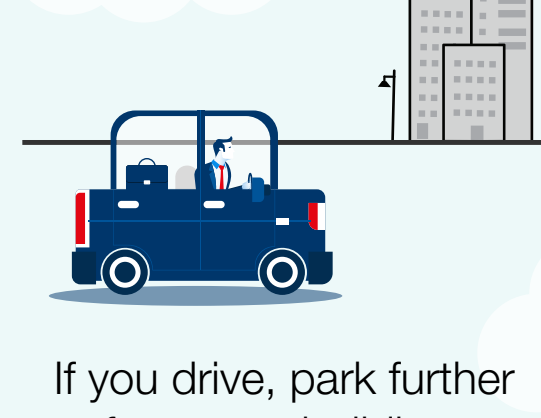
Shake up your commute



If you work close enough, cycle/walk.



If you take public transport, get off a stop early.



If you drive, park further from your building.

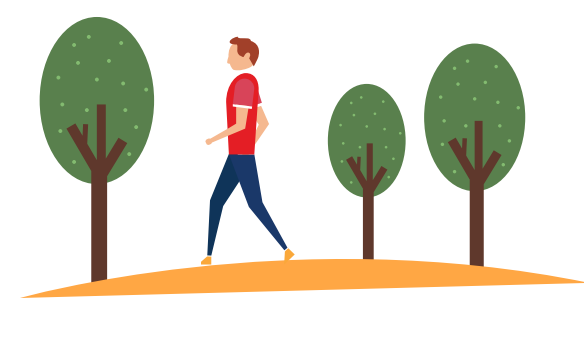
Track your steps

Use a pedometer or fitness tracker to document your steps. This way you can work to real goals and see your progress for motivation.

Lumo Lift

The Lumo Lift coaches you into a healthier posture as you go about your daily life.

www.posturite.co.uk/lumo-lift.html



Set hourly reminders

Set an alarm to buzz every hour to remind yourself to stand up and take a brisk 1-2-minute walk.



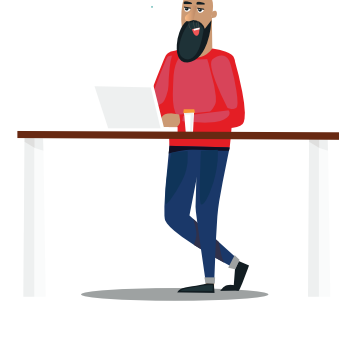
Don't go 'al-desko' for lunch

Leave your desk at lunch, even if you're just walking somewhere else to sit down - at least you're walking.



Go for a walking meeting

Need to catch up with colleagues? Suggest going for a walk while you chew over ideas.



Use a sit-stand desk

Even the act of standing up activates your muscles and increases your heart rate.



Suggest active socials

Why not swap the after-work drinks on Friday for team sports at your local park?



Use a balance board

A balance board encourages you to pace and move at your desk.

Did you know¹¹...

10,000 steps

= around **5 miles** for an adult

52%

of adults walk a mile or less on an average working day

5 miles of walking

= around **500 calories** burned

What to do now?

Head over to posturite.co.uk/active-working for more tips on how to stay active and healthy at work. After that, get up and get walking!

Research Links

¹ <https://www.independent.co.uk/life-style/gadgets-and-tech/news/commuting-online-calculator-time-money-spend-travel-a6906721.html>

² <https://www.sciencedaily.com/releases/2012/01/120113210203.htm>

³ <http://metro.co.uk/2017/09/15/brits-are-only-taking-27-minute-lunch-breaks-and-its-costing-us-loads-of-money-6930485/>

⁴ <http://www.independent.co.uk/travel/news-and-advice/commuting-for-more-than-20-minutes-makes-you-stressed-and-cynical-10278874.html>

⁵ <http://www.bbc.co.uk/news/technology-29677674>

⁶ https://www.washingtonpost.com/lifestyle/wellness/even-with-exercise-long-periods-spent-sedentary-are-deemed-a-health-risk/2011/07/07/gIQAicwRAI_story.html?hpid=hp_hp-wellness-even-with-exercise-long-periods-spent-sedentary-are-deemed-a-health-risk_20110707_story_2&hpid=hp_hp-wellness-even-with-exercise-long-periods-spent-sedentary-are-deemed-a-health-risk_20110707_story_2

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3477898/>

⁸ https://www.walkingforhealth.org.uk/sites/default/files/Walking%20works_LONG_AW_Web.pdf

⁹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618737/>

¹⁰ <https://www.telegraph.co.uk/health-fitness/body/health-benefits-walking/>

¹¹ <https://www.theguardian.com/society/2017/may/26/unhealthy-britain-half-of-adults-walk-less-than-a-mile-a-day-survey>

