

# Move it!

## Homeworking health & activity 'Move it!' survey findings

67%

of workers say they don't move enough when working from home



### Is the new homeworking lifestyle too sedentary and bad for our health?

The Posturite survey actually revealed that activity levels when working from home vary from person to person and **18%** of hybrid workers are actually **more active when they work from home** compared to the office.



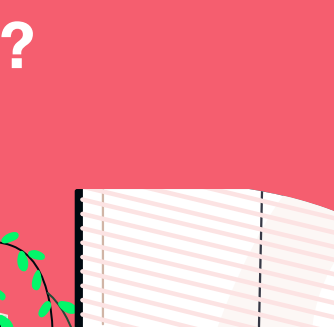
58%

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

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



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



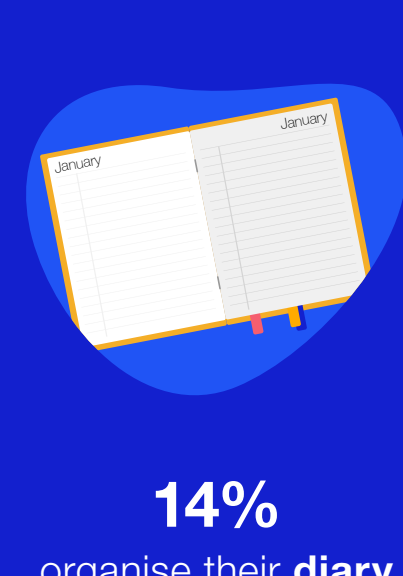
### What do you do to prompt more movement while working?



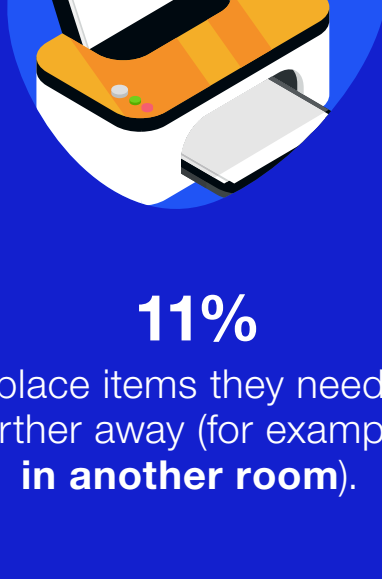
37% wear a fitness tracker to measure their activity.



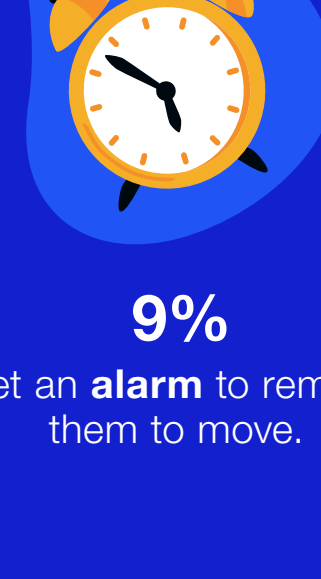
35% exercise during a lunch break.



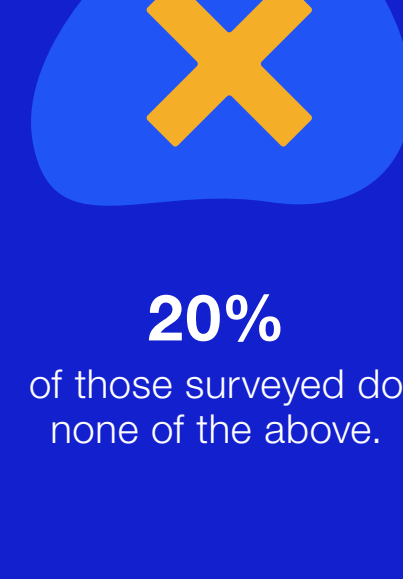
26% carry out different positions in different positions around the home.



18% use a sit-stand desk or platform.



18% use an office chair which has a movement mechanism to provide support and movement.



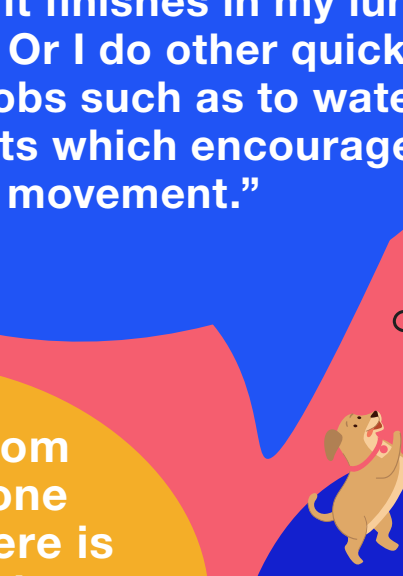
14% organise their diary so that they move frequently.



11% place items they need further away (for example in another room).



9% set an alarm to remind them to move.



20% of those surveyed do none of the above.

"I try to drink plenty of fluids so I have to get up frequently to use the loo!"

"I run up and down the stairs 10 times to get the heart pumping."

"When I have my short breaks, I do things like put a clothes wash on and time it so that it finishes in my lunch break. Or I do other quick house jobs such as to water the plants which encourages movement."

"Nothing prompts me to move - I get carried away with work."

"I move to answer the front door to the many deliveries my children have ordered!"

"I work from home in one room so there is nowhere to move but the bathroom."

"I have dogs that need to be let out regularly – this helps!"

"At Posturite we encourage people to move before discomfort sets in, in order to try and prevent the build-up of static tension. It is key to remember that it is our own responsibility to look after our bodies and only we can implement positive changes moving forward."

Jodie Weller, Senior DSE Assessor at Posturite

### Did you know that being less sedentary can help prevent back pain?



"My back appreciates it when I just get up more during the day."

"I want to share with everyone how important it is to incorporate regular movement into our working days."

Katharine Metters, Posturite

"This survey revealed that the people taking the most care to move frequently while working are usually the people who've already suffered back pain or other discomfort. If you're in pain, then you start to care. But sometimes it can be too late."

Katharine Metters, Head Consultant in Ergonomics at Posturite

93%

said we need reminding to move more at work

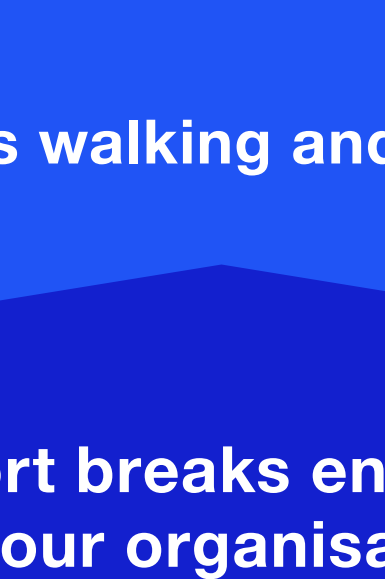
#### Top tip:

Using a sit-stand desk or sit-stand platform can make a very positive change to our working habits

#### You could also simply:



Stretch your arms



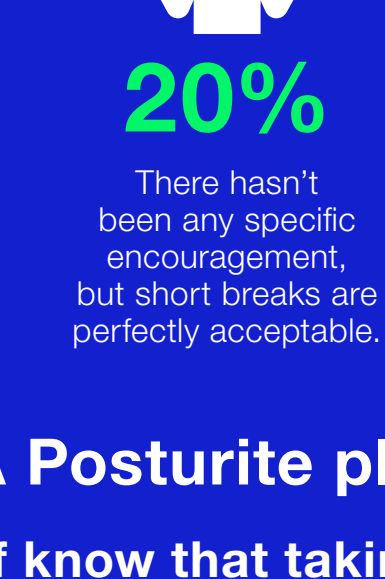
Roll your shoulders



Turn your head from side to side



Rotate your feet



Rotate your hands



Bend and straighten your knees

#### As well as walking and exercising

#### Are short breaks encouraged in your organisation?

38% Yes definitely, it's part of my organisation's approach to good health, safety and wellbeing.

28% Yes, it has had a mention.

20% There hasn't been any specific encouragement, but short breaks are perfectly acceptable.

8% No, the work culture is pressured and I feel I can't take enough short breaks to be healthy.

5% I'm self-employed, so it's all up to me!

#### A Posturite plea:

Make sure staff know that taking short breaks to

move

stretch

give eyes a break from the screen

is encouraged

Posturite is the ergonomics company helping people create happier, healthier, more active workspaces – at home and at the office.

The Posturite 'Move It!' survey was completed in September and October 2023 by 576 homeworking employees. Participants are employees of businesses including Renault, Capita, M&S, Vodafone, Unilever, Knight Frank and Astra Zeneca, as well as councils, the NHS, police forces, government departments, universities and charities. 22% work from home full time and 78% work partly from home and partly from a workplace.

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