

# 10 Practical Ideas to Encourage Employees to Sit Less and Move More

The human body wasn't designed for prolonged sitting. Yet the average American spends at least six and a half to eight hours seated each day. Considering that 80% of today's jobs are sedentary or involve minimal physical activity, it's no surprise that office workers spend 73% of their workday sitting.

## Sitting Statistics

It doesn't take much sitting to pose a health risk. Just Stand provides these thresholds to determine the risk of developing problems due to sitting.

**Very High risk:** Sitting more than 11 hours per day

**High Risk:** Sitting 8 - 11 hours per day

**Medium Risk:** Sitting 4 - 8 hours per day

**Low Risk:** Sitting less than 4 hours per day

## Creating a Movement-Friendly Workplace

To support employees in standing and moving more throughout the day, companies must make it a part of their culture by creating an environment where employees feel comfortable moving during work hours. Managers play a vital role in encouraging physical activity for sedentary employees and should lead by example.

Studies show that employees are better able to embrace more movement when employers provide coaching and/or educational support. By helping workers understand why sitting time matters, they may be more likely to embrace standing and short movement breaks.

## 10 Ideas to Promote Employee Movement

1. Encourage employees to stand up and move at least once every hour, using their phone or fitness tracker to set reminders.



2. Offer standing desks; at-home workers can improvise by elevating their laptops on a box or counter.
3. Create standing areas within the office, such as high-top conference tables.
4. Suggest standing during phone calls or non-typing tasks.



5. Encourage walking breaks or other physical activity opportunities during the workday.
6. Promote walking meetings; encourage people to stand during meetings.



7. Promote face-to-face interactions with colleagues instead of calls or emails.
8. Suggest taking a brisk stroll down the hallway while microwaving lunch.



9. For commuters, suggest standing on the bus or train. Try walking or biking to work if you can. At work, take the stairs instead of the elevator and walk up the escalator.
10. Allow flexible scheduling to accommodate employees' exercise routines.



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