

Sitting behind a desk, commuting or relaxing on the couch for extended periods of time can be harmful to your health. According to the World Health Organisation (WHO), 60 to 85% of the world's population does not engage in enough activity, therefore leading a sedentary lifestyle.

Numerous research studies have shown that the rates of heart disease, diabetes and obesity are doubled in people who are physically inactive and that living a sedentary lifestyle also increases your risk of other health problems including high blood pressure, osteoporosis, certain cancers, depression and anxiety.

Most health professionals agree that 30 minutes or more of moderate-intensity physical activity each day is the ideal goal for improving health and wellbeing.

Did You Know?



- Six out of ten Australians are not getting enough exercise.
- On average, office workers sit for 76% of the day.
- For employers, promoting a healthy workplace and reducing sedentary work practices leads to improved productivity, reduced absenteeism, reduced injury rates and is a factor in attracting and retaining employees.

Source: Australian Bureau of Statistics / ComCare

Swap Sedentary Activity and Burn More Calories Per Hour



Instead of This:
Sitting at your desk
- 83 calories



Do This:
Stand at your desk
- 115 calories



Riding the elevator
- 128 calories



Take the stairs
- 509 calories



Shopping online
- 96 calories



Shop at the mall
- 147 calories



Talking on the phone seated
- 102 calories



Pace while chatting
- 147 calories



Email a co-worker
- 96 calories



Walk to their office
- 128 calories

Increase Your Activity Levels

Reduce the health risks caused by inactivity by moving more throughout your day.

At Work:

- Stand during phone calls
- Eat lunch away from your desk
- Use stairs where possible
- Walk to a colleague's desk instead of calling or emailing them
- Stand at the back of the room during presentations
- Take breaks during long meetings
- Initiate standing or walking meetings

While Commuting:

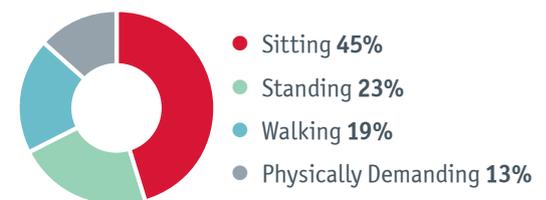
- Stand up on public transport and offer your seat to someone else
- Get on and off public transport at earlier stops and walk part of the way



Source: Heart Foundation of Australia

Physical Activity at Work

How the employed population spend the majority of their work day



Source: Australian Bureau of Statistics

Interesting Facts

- An extra hour of standing burns 143 calories, that's a cinnamon donut
- Adults who watch less than two hours of television a day have a lower risk of early death
- Standing burns 50 calories per hour
- Standing for 3-4 hours per day, five days per week is 750 calories burnt - that's the equivalent of running 10 marathons a year

Source: Heart Foundation of Australia / University of Chester, UK

