

LET'S GET MOVING!

PHYSICAL ACTIVITY WITHIN THE WORKDAY

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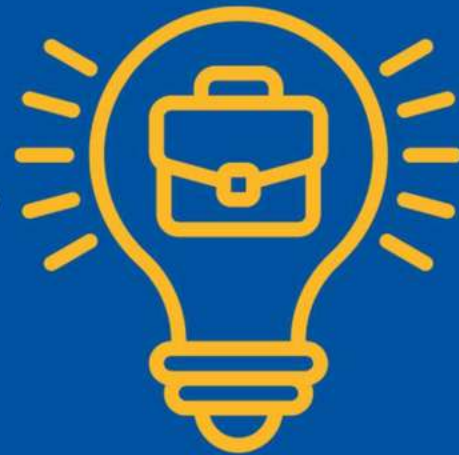
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- **Employee Assistance Programs (EAP)**
- **Critical Incident Stress Management (CISM)**
- **Career Transitions**
- **Custom Training Solutions**
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- **Workplace Mediation**

THE BUSINESS

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LUNCHTIME TALKS ON TOPICS THAT MATTER

JUNE 8: CARING FOR AGING PARENTS

OBJECTIVES

- Identify the challenges of a “desk job” and its impact on our bodies, productivity, and focus
- Explore a wide variety of opportunities to break the “cycle of sitting”, both during breaks as well as while still on-task at the job.

THE PROBLEM



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The average adult spends **more than half** of their day sitting. Here's how the time can add up:



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THE DANGERS OF SITTING DISEASE

Sitting disease is a concept created by the scientific community to address the problems associated with sitting all day and living a sedentary lifestyle. However, it is not a disease recognized by the medical community. Is your workforce in danger?



HOW MANY U.S. EMPLOYEES ARE AFFECTED?



Upon starting a new, desk-bound job, people gain, on average

16 LBS. WITHIN **8** MONTHS

When home & leisure activities are included, many people are sitting between

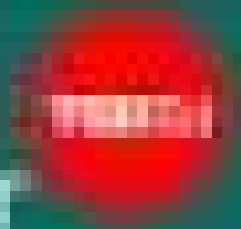


HOURS PER DAY





HIDDEN RISKS OF SITTING



9 Ways Excessive Sitting Can Harm You.

HEAD

Sitting for long periods of time can cause blood clots to form which can travel to the brain causing a stroke.

LUNGS

You are twice as likely to develop a pulmonary embolism, or blood clot, if you sit most of your day.

ARMS

The reduction of physical activity leads to hypertension or high blood pressure.

STOMACH

Excessive sitting contributes to obesity & colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat shut down leading to the disruption of the body's method of metabolizing fuels.

FEET

Numbness in the feet can be caused by poor circulation. It can also cause nerve damage or pressure on nerves when you sit for long periods.

NECK

Fluid retained in the legs during the day moves to the neck at night & contributes to sleep apnea. Neck muscles are stressed leading to pain.

HEART

People who live a sedentary lifestyle are up to twice as likely to die or develop diabetes and heart disease than those who move frequently.

LEGS

Fluid collects in the legs during sitting. Standing & walking helps pump it through your body.

BACK

Sitting for long periods of time place a high amount on the spine. Over time, sitting can result in compression of the spinal disks. Because muscles are tight from pressure, sudden movements can lead to injury.



MYTH #1

People are less productive when they move about.

FACT

The 2015 MMSL Survey showed that during long periods of sitting...

65% of respondents felt *less productive* and 87% felt more *tired & lethargic*

MOVING MATTERS, BOTH FOR PRODUCTIVITY AND ENERGY LEVELS



an initiative of  BLUEARTH
movemoresitless.org.au



- Research has found that by allowing people to sit or stand as they wish throughout the day can **boost productivity by up to 46%** when compared to just a seated desk. (Garret et Al, 2016)
- Taking a break from work **increases focus** when employees return to work, thus **improving their productivity**. Additionally, taking breaks relieves some stress, which **helps employees' mental health and well-being**. These factors contribute to **increased job satisfaction**. (Tork, 2018, p. 1)
- Breaks can **prevent decision fatigue**. Taking a break from making decisions within work allows employees to refuel to **make better decisions** than they would without a break (University of Illinois at Urbana-Champaign, 2011).

THE SOLUTION



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WHILE AT DESK, ON TASK





Stand during phone calls

- 1. Be more confident
- 2. Sound more alert & clearer
- 3. Shorter calls



Walk over to colleagues

- 1. Get to know people better
- 2. Be more collaborative
- 3. Be more personal

Walk when on mobile

- 1. Burn calories
- 2. Less disruptive
- 3. Set an example



Take the stairs not the lift

- 1. Feel energised
- 2. Get fitter
- 3. Smile to lift your mood



Set a regular reminder to move

- 1. Keep metabolism activated
- 2. Avoid pain and stiffness
- 3. Team up with a colleague



Standing meetings

- 1. Stay awake / alert
- 2. React better to colleagues
- 3. Get a better view

Walking meetings

- 1. Fun & fresh
- 2. Productive & creative
- 3. Feel better

WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

STEP 1



Pick a task

STEP 2



Set a 25-minute timer

STEP 3



Work on your task until the time is up

STEP 4



Take a 5 minute break

STEP 5



Every 4 pomodoros, take a longer 15-30 minute break

WHILE NEAR DESK, TAKING BREAK



ON SHORT BREAK, AWAY FROM DESK



WHILE ON LONGER BREAKS



WHILE ON LONGER BREAKS



Let's #takebacklunch

Nearly 90%
of North American
workers say taking a
lunch break helps them
feel refreshed and ready
to get back to work.



**Employees who
take a lunch break**

every day are more likely
to be satisfied with
their current job and
feel valued by
their employer.



81%

of workers who take a lunch break every day have a strong
desire to be an active member in their company.

ALMOST EVERYTHING
WILL WORK AGAIN IF
YOU UNPLUG IT FOR A
FEW MINUTES...
INCLUDING YOU.

ANNE LAMOTT

**YOUR FEEDBACK
IS WELCOMED**



<https://www.surveymonkey.com/r/G2FWQ2J>

SHERM CODE: Activity 22-QMAV9



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