10 ways to move more and sit less at work

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How would you describe your physical activity at work?

Mostly…

sitting  standing  walking  physically demanding tasks
Evolution of man...
and woman
Physical activity at work

Figure 2. Trends in the prevalence of sedentary, light and moderate intensity occupations from 1960 to 2008.
doi:10.1371/journal.pone.0019657.g002

Church et al. PLoS ONE 2011
The intensity of the things we do

1 MET = the energy expended when a person is at rest

Too much sitting ≠ Lack of moderate to vigorous physical activity
Physical activity guidelines recommend 30 minutes of moderate-to-vigorous intensity physical activity at least 5 days/week.

What about the remaining 1410 minutes of the day?
This person is highly sedentary and active at the same time.
Sedentary time (dark area) in person one is accumulated over prolonged periods throughout the day ('prolonger'), while person two has a high frequency of transitions from sedentary to non-sedentary time (light area) during the day ('breaker').
How can we build more activity into our work day?
Choose active travel
Take the stairs
Stand at work
Make active phone calls
Walking meetings
Standing meetings

Standing meetings
Have a break at your desk
Go for a walk outside
Remind yourself

TIME TO STAND UP
FOR 29:30 MINUTES
Standing Calories Burned Today: 251

Hey there!
Want to take a little break? Stand up and stretch for a minute or two.

I did it
No thanks

Stretch Clock

http://www.stretchclock.com/stretch/Fireworks.html

TomatoTimer

25:00

Keyboard Shortcuts
- SPACE: Work or stop the timer
- ALT+P: Pomodoro
- ALT+S: Short Break
- ALT+L: Long Break
- ALT+R: Reset Timer

Desktop Notifications
Currently supported on Chrome, Firefox and Safari

DuckDuckGo Search Bar
Make it more **intense**

High-Intensity Incidental Physical Activity (HIIPA): high-quality physical activity naturally embedded into people's daily routines: zero time & $ commitment, good 4 all ages/fitness levels. A simple, yet unappreciated, way to be active #HIIT4theMasses theconversation.com/dont-have-time ...

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Don't have time to exercise? Here's a regime everyone can squeeze in

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Hypothetical example of HIIPA activity pattern in otherwise inactive individual. Corrected MET (metabolic equivalent of task) intensities are based on a 60-year-old woman, 72 kg and 162 cm tall (BMI 27). Above 6 MET is considered 'high intensity' exercise.
Recap

1. Choose active travel
2. Take the stairs
3. Stand at work
4. Active phone calls
5. Walking meeting
6. Standing meetings
7. Have a break at your desk
8. Go outside for a walk
9. Remind yourself
10. Increase intensity
Thanks!

Questions?

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