



References:

- Start Active, Stay Active

You Tube:

- "23^{1/2}hr" by Dr. Mike Evans
- "Lets make our day harder" by Dr. Mike Evans
- "Australia's Biggest Killer" by Australian Physiotherapy Association

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Beware of The Chair

Inactivity is the fourth biggest killer of adults in Britain. (3)

The average adult spends 60-80% of their waking day sedentary. (1) (2)

Compared to those that sit the least, those that sit the most have around twice the risk of Type II Diabetes and Cardio Vascular disease. (1) (2)

Sedentary Behaviours are particularly high in working adults engaged in office based occupations where 70-85% of waking hours are spent sitting. (2)

The negative health impact of high levels of sedentary behaviour is NOT changed even with some moderate to vigorous physical activity. (1)



References:

- (1) Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis, *Diabetologia* (2012).
- (2) The perils of high occupational sedentary behaviour and the potential benefits of high adjustable desks, Leicester Diabetes Centre.
- (3) Start Active, Stay Active, (2011) Department of Health.



Stand up for Your Right to Stand Up

Standing Meeting

Put standing as an agenda item or have a meeting while you walk

Stand up three times every hour

Set your outlook calendar to remind you

Stand every time the phone rings and stay standing throughout the duration of the call

Use a sit to stand desk as your work station

Walk at lunchtime

When a challenging or frustrating situation arises, stand to clear your head and gain a new perspective

Stand whenever you're drinking a cup of coffee, or eating your lunch or snack



Staying Alive

