

Ways to get your people moving more



How to sit less at work: 5 ideas to get moving more



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The sedentary lifestyle has become an increasing part of our daily life, sitting in front of a screen whether at home or at work, leading to a decrease in physical activity and an increase in health risks, according to the NHS this can slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat¹.

Even for those of you who are active outside of work, who go to the gym a few times a week or do some walking each day, sitting still for long periods of time should be avoided. Reducing the effects of working at a desk or long periods of driving can be as simple as breaking up periods of sitting with just 30-60 seconds of standing and moving every half an hour. There are plenty of ways to reduce the amount of time spent sitting at work as being active will boost your work performance, it increases your brain activity and gives you the ability process information and to focus more. By taking a proactive approach to move more and sit less, you can improve not only your overall health but encourage others in the office to do the same and help boost everybody's wellbeing.

5 tips to be more active:

1 Walking breaks

One of the easiest ways to get more active during work hours is to take walking breaks. This involves taking short breaks where possible and going for a quick walk around the office or outside. Walking breaks not only help get your blood flowing and improve circulation, but they also help clear your mind and increase productivity.

[38% of adults in the UK do not meet the physical activity recommendations](#) increasing their risk of health issues like heart disease. With hybrid working now the new norm, it is important that you don't lose track of your health by going for a quick walk, jog or even a 15-minute yoga break at home to revitalise your mind and focus.

2 Give yourself a refresh

Another way to reduce the amount of time spent sitting at work is remembering to stretch and loosen the muscles. Stretching or doing some light aerobic exercises at your desk can help reduce the amount of time you spent sedentary. It is recommended that adults should be doing [150 minutes of moderate activity](#). By taking breaks it helps with your mental wellbeing - as a means to switch off, and with regular stretching to keep yourself from sitting all day, avoiding sore muscles or back pain.

3 Take the stairs instead

If you work in a building with stairs, choosing this option on a regular basis instead of using the lift can help increase your time spent moving during work hours and improve your overall fitness. Climbing the stairs is a good form of gentle exercise that anyone can do. It gets your heart rate up and can even burn some calories.

4 Use the gym - if you can

If your office has a gym or offers a discount on local gyms, take advantage of this during your lunch break. Exercising in the middle of the day is a great way to reduce stress and getting away from the office screens for a portion of your day can also help reduce eye strain.

5 Desk exercises

If you don't have access to exercise equipment, there are many desk exercises that you can do to get more active. Discreet exercises such as the [Marching Core, Shoulder Opener, and Quad Pulses](#) can all be done whilst still seated at your desk but can increase your activity level, your flexibility and blood flow when sat down for long periods of time.

It's also worth noting the added mental health benefits of being more engaged with physical activity. You'll notice an improvement in mood, an increase in self-confidence, a reduction in stress and anxiety levels and even an improvement in sleep quality. All much-needed qualities in order to help you perform at your best at work.

There are various ways you can be more active during working hours and incorporating these activities into your daily routine can not only improve your overall health but your mental health and wellbeing too.

For some of us, being active may be harder than it is for most people. This can be because of a long-term health condition that puts an extra obstacle in the way of physical activity. There are lots of support, guidance, and inspirational stories for anyone with a health condition looking for ways to be more active over at weareundefeatable.co.uk.

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