

Workplace Mobility: Why It Matters

This document is designed to give you tips on how to move more regularly while at work.

A common misconception is that so long as you move outside of work, there are no detrimental effects to your body by sitting all day. This is a half truth. While keeping yourself generally fit and active is good for your health, it won't prevent you from being exposed to many of the other risks associated with a sedentary job.

The recommendation is for every 30 minutes you sit at work, you should be moving for at least 2 of them.

Many people worry that they will look silly doing exercises at work, or report that they get so engrossed in a task that they forget to move. Others report being too tired at work to think about moving. Here, we will give you tips on how to overcome these issues.

- 1. Just because it's an office job, doesn't mean it's a sitting job**
- 2. Find the courage to exercise at work**
- 3. Use activity to combat fatigue**
- 4. Multi-task: Listen to your body while keeping productivity**
- 5. Make new healthy habits by breaking bad ones**
- 6. Set realistic goals**
- 7. Check out your ergonomics**
- 8. Put your mental health first**

1. Just because it's an office job, doesn't mean it's a sitting job

Just because it's a desk based job, doesn't mean you automatically have to be seated all day. Suggest to your manager to hold meetings outside. This is particularly good for 1 to 1 meetings, or smaller groups. And why not stand up during a meeting?

Ask about getting a standing desk. Your manager may not know about these. Although the initial expense can be off-putting, standing desks have been shown to significantly reduce the sickness rate in offices by lowering the incidence of musculoskeletal issues and other problems in the work place.

Bear in mind standing too long can become irritable for the body just as much as sitting too long. The goal is to break up the cycle of sitting and standing regularly with short bursts of walking in between.



2. Find the courage to exercise at work and be part of a gang

Organise stretching sessions. These can be as short as 15 minutes but gives everyone the opportunity to relieve muscular aches and pains in a group environment so you don't feel silly!

If this isn't an option, find a colleague or two to form an exercise gang with. Have a giggle and play along with the rest of your office when they make fun of you. There's nothing like having a friend or two aiming for the same goals. Not only is there safety in numbers, it also places commitment on the task with the fear of letting the other person down.

Get a resistance band or weights and place them on your desk. This not only means you can exercise while reading an email, they'll also serve as a good reminder to do your exercises.





3. Use activity to combat fatigue

Inertia feeds fatigue. Break this downward spiral.

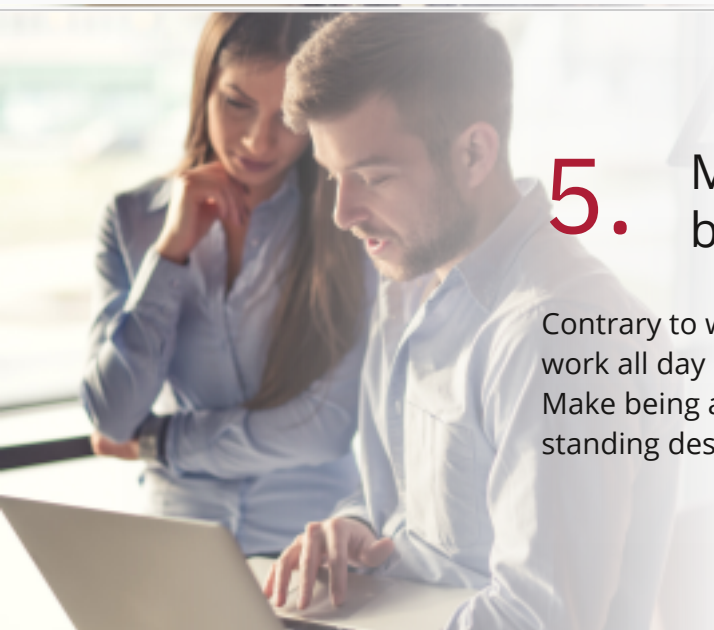
Research has proven that those who are more active have better quality sleep, therefore making them more alert during the day.

Move communal devices such as printers and scanners to a shared central location so that staff need to move.

4. Multi-task: Listen to your body while keeping productivity.

Mild pain is actually good pain if you listen to it! Pain is your body's tool for communicating to you that you need to change something or address an issue. The problem arises if you ignore your body's prompts and your pain becomes actual damage.

Use your computer or a phone to set alarms, reminding you to move. Utilise your standing desk. Ask a colleague to nag you if you have been sitting down for too long.



5. Make new healthy habits by breaking bad ones

Contrary to what you probably believe, you sit down at work all day out of habit rather than for any other reason. Make being a fidget your new habit. Even if you don't have a standing desk, do all you can to move regularly.

6. Set realistic goals

Set yourself “**SMART**” goals: **S**pecific - **M**easurable - **A**chievable - **R**ealistic - **T**imely

These are bite-sized goals. So rather than aiming for the ideal which may seem a long way off just now, aim for a short term goal such as: Standing from your desk for 2 minutes every hour for the next week.

7. Steps to Creating a Comfortable Workstation

It's important to have a well-designed workspace to prevent injury. To guarantee this, try using our tools to conduct your own ergonomic assessment or speak with your manager about getting an occupational health assessment.



8. Put your mental health first

The Importance of Prioritizing Your Mental Health

Taking care of your mental well-being is crucial as it affects all aspects of your life. Whether your stresses are personal or professional, they can follow you everywhere. Remember, a problem shared is a problem halved, so it's essential to have someone you can speak to about your concerns.

Here are some tips to help manage stress:

- Start by identifying the biggest stressor in your life and write it down. This can help you establish how to address it.
- Learn to say no. If you're feeling overwhelmed, it's okay to admit it.
- Confront stressful situations. Taking a step back initially may be helpful, but ongoing stress that's not addressed will only become worse. Find a suitable environment to discuss the stress, and make sure you're open to listening. It may feel awkward at first, but you'll end up feeling better for it.
- If you can't manage the situation on your own, don't hesitate to seek help from a manager or HR. They can provide advice on how to approach difficult conversations.