

# Active Working

Advice for sit-stand desks



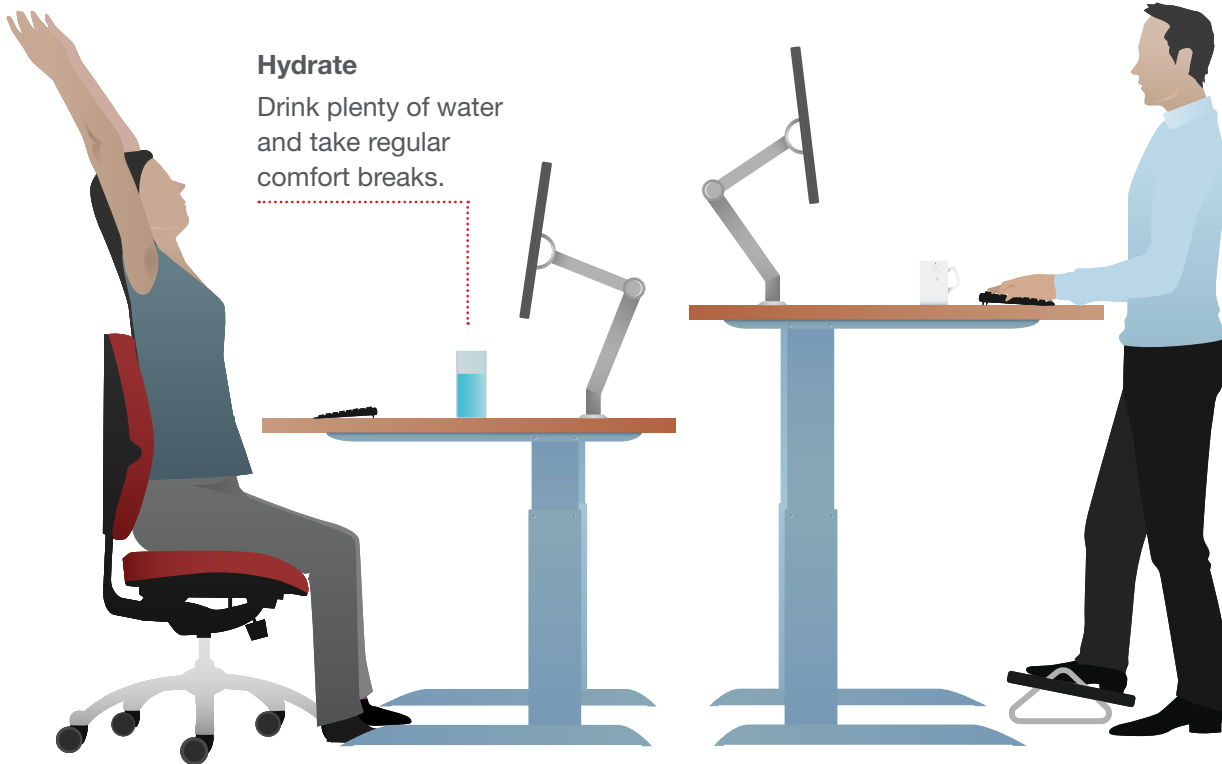
**Keep active:** Frequently changing your posture and taking opportunities to move away from your desk will help maintain the metabolic activity that breaks down fats and reduces blood glucose levels. Movement will also help you to maintain good postures and reduce muscle fatigue. As the following behaviours become routine, business efficiency should improve, along with the health and wellbeing of you and your colleagues.

## Frequent breaks

Spend 2+ minutes in some form of light exercise, even just walking around the office regularly.

## While you work

If appropriate, stand in meetings & while on the phone. Rather than emailing, go and see people at their desks.



**Hydrate**  
Drink plenty of water and take regular comfort breaks.

## Sit-stand desks

Sit-stand desks help facilitate movement. They give you the flexibility to choose when, how often and for how long you'll change posture without affecting your work.

## Standing

When standing at a desk, wear appropriate shoes. You could also alternate your stance with a footrest.

## Suggested schedule

Over the working day, try to spend at least 2 hours standing, aiming to increase this when possible. These durations should be tailored to individual needs & preferences.



1 hour  
Seated



20 minutes  
Standing



Repeat  
All day



Take the Stairs  
Avoid the lift

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