

- ACTIVE U -
Take 20

ACTIVE MOBILE WORKING



Take 20! Being active for at least 20 minutes every day can go a long way towards keeping you healthy.



ACTIVE MOBILE WORKING

We spend a lot of our time at work and therefore it is important that we make being physically active part of our daily routine. Our working day is an ideal place to practice changing habits and create new ones to become more physically active.

It is recommended that all adults should aim to be active daily and over a week, physical activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity. This could be as simple as 20 minutes per day! Moderate intensity activity is any physical activity that gets you out of breath or raises your heartbeat.

Sitting for prolonged periods of uninterrupted time is referred to as sedentary. The effects of sedentary behaviour are not counteracted just by going to the gym, playing a sport or jogging and cycling at the end of the day. The key is to break up prolonged sitting and be active throughout the day, even in short bursts.

If you are a mobile worker e.g. on-the-road or working from home, or visit various sites and offices during your working week, you can still be physically active.

Here are a number of things you can try to help increase your physical activity during your working day:

- Take or make your phone calls standing up, or if it's on your mobile and it's safe to do so, try walking and talking
- Get outdoors, just five minutes of exercise in an outdoor space can have fast improvements in mood and self-esteem
- If you drive as part of your role and are sitting for long periods of time, try taking regular short breaks, stretch out your neck and back and use the opportunity to step outside the car to get extra steps and movement in
- Alter your workstation position or put documents on a music stand to allow standing working – it doesn't have to be complex or expensive to change your position, just make sure it's ergonomic!
- Where possible, break your day up by the simple act of standing – just by standing up for more than two hours in your day, is the calorie output equivalent of running about 10 marathons a year!
- Ensure you take similar breaks as you would if sitting in the office e.g. to eat and get lunch, to get a glass of water, make a phone call, get some fresh-air
- Schedule reminders to take a micro-break and move around with a work colleague to perform virtual walking meetings or use a smart phone app to track your steps