

- ACTIVE U -  
*Take 20*

# ACTIVE WORKPLACE



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



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Physical inactivity is one of the UK's greatest health challenges, and given that we spend a lot of time at work it's important that we implement being more active during our working day.

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.

The workplace is an ideal place to practice changing habits and creating more active ones to become more physically active during your daily routine. Activity includes flexibility, balance and endurance tasks as well general workplace movement.

Roles that require you to sit for prolonged periods of uninterrupted time are 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.

The easiest way to be more active during your working day, particularly for those who are desk based is the simple act of **standing**. Just by standing for more than two hours in your day, the calorie output is equivalent to running about 10 marathons a year!

If you already stand for your work, the good news is that it affords you an excellent chance of taking charge of your physical health. However, you should aim to reduce repetitive or regular movement and try something new to exercise ALL areas of your body. Where safe to do so, try some heel raises, use your non-dominant arm more or do more activity at home before or after work. Having a variety of physical activity types in addition to your normal working activity is equally as important for long-term health benefits.

Here are a number of things you can try to help increase your physical activity in the workplace as part of your daily routine, outside of active travel:

- Perform a warm up each day and stretch the main areas of your body throughout the day, to keep your body loose and to promote circulation
- During the day try changing position and altering the use of your body parts
- Replace using the lift with using the stairs – even just one way at first will help
- If able, take a brisk 20 minute walk at lunch time in the fresh air – good physical activity and great for your general wellbeing
- Take or make your phone calls standing up, or if it's on your mobile and safe to do so, try walking and talking
- Encourage walking meetings with your colleagues and standing during longer meetings
- Walk over to an employee instead of sending an email where you can
- Take frequent breaks (even if just a moment) at work and during long drives to stretch your legs, back and shoulders
- Use your imagination with your laptop – elevate your laptop on a block of office paper or place some reams of office paper or place documents on a music stand to allow standing working may help! It doesn't have to be complex or expensive to have a standing desk, just make sure it's ergonomic!