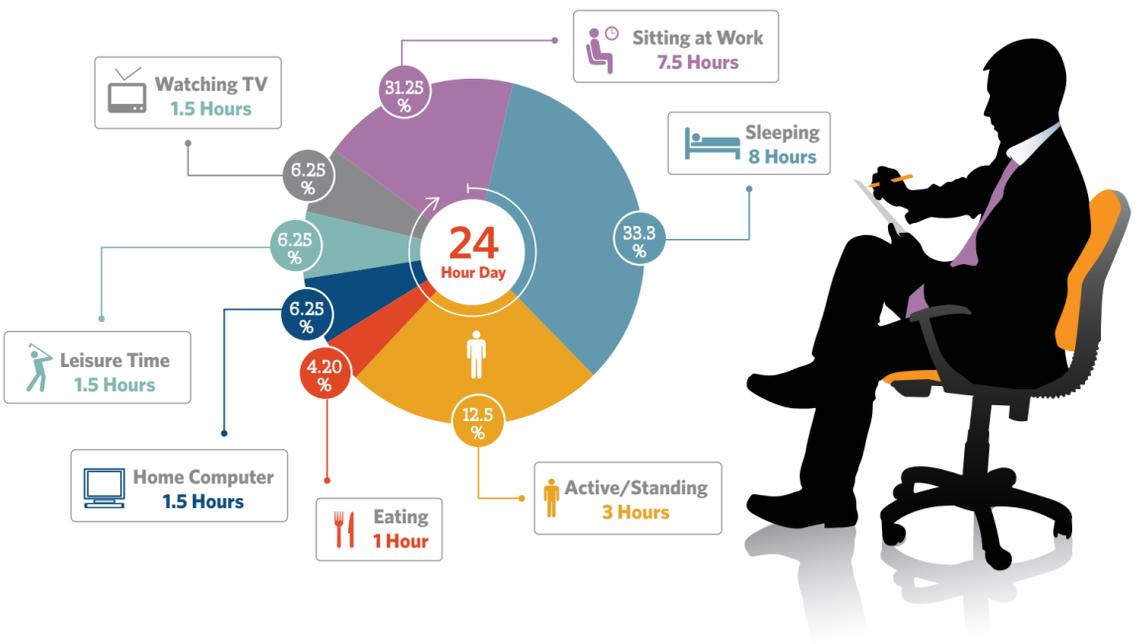


Create Healthier WORKPLACES

HOW SEDENTARY IS THE TYPICAL AMERICAN'S DAY?



Adults who sit less throughout the day have a lower risk of early death, particularly from cardiovascular disease. In addition to 30 minutes of physical activity per day, try to limit your sitting time and interrupt prolonged sitting as often as you can.

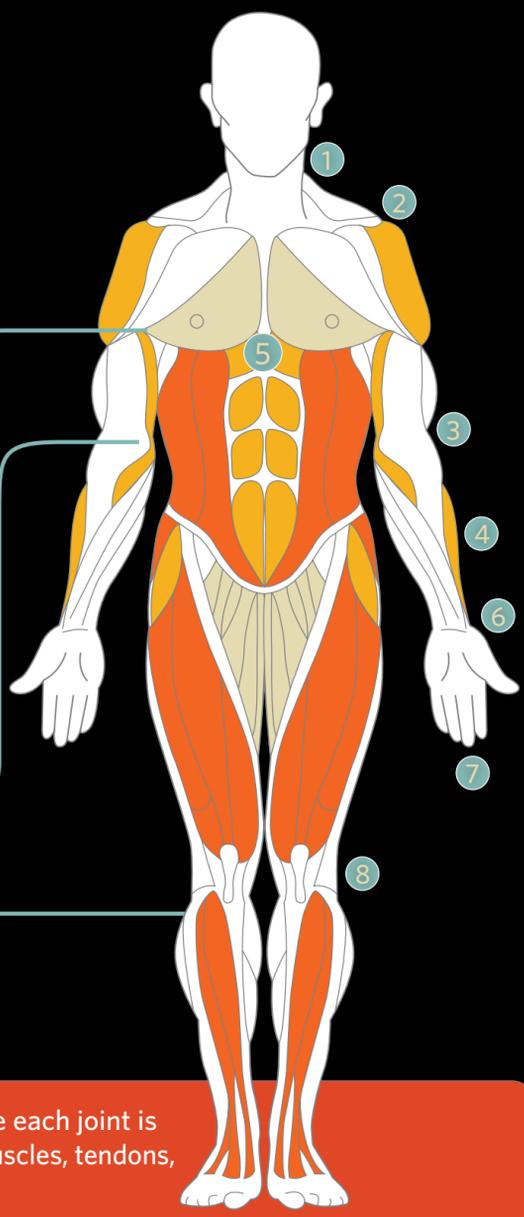
Sit to Stand

Reduces the chances of ...

- coronary heart disease
- high blood pressure
- colon cancer
- diabetes
- build up of body fats

While helping

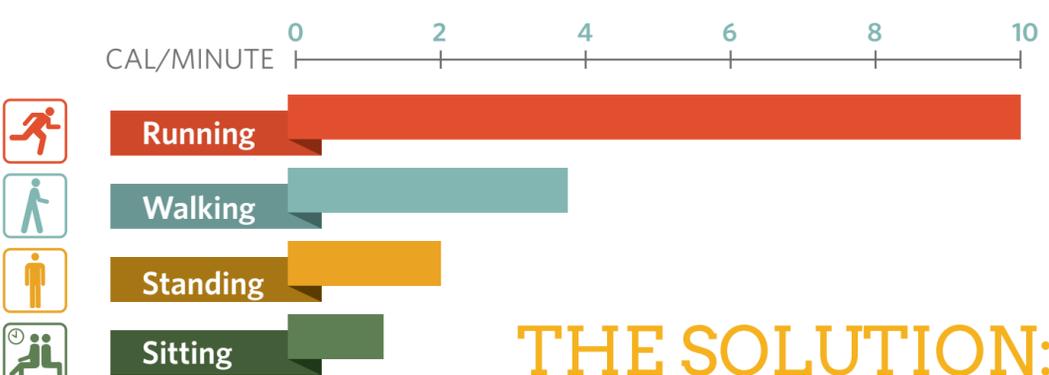
- Bones
- Muscles
- Joints



NEUTRAL POSTURE is the position where each joint is resting, creating less tension on nerves, muscles, tendons, and bones.

- NECK:** balanced on the spinal column.
- SHOULDERS:** Relaxed — not up, down, forward, or back.
- ELBOWS:** Bent 90-110 degrees. Close to torso.
- FOREARMS:** Held so thumb faces up.
- SPINE:** naturally assumes an S-shaped curve. The upper spine curves gently outward; the lower spine curves inward.
- WRISTS:** In line with forearm at neutral (not up or down)
- FINGERS:** Gently curved, not spread apart.
- LOWER BODY:** Hip and knee joints slightly bent.

Calories Burned per Minute based on 150lb. person



THE SOLUTION: MOVE!

Sit Less. Stand More.

Use a fully adjustable workcenter or desk.

Simple movement, in small doses on regular basis, everyday will significantly offset some of the hazards of sitting.

Follow the 20/20/20 rule:

Every 20 minutes, take a 20 second rest break and look at something 20 or more feet away from your computer screen.

Going forward — healthy habits:

Just because you're in a cubicle, doesn't mean you can't keep your body fit. Consider developing the following healthy habits:

- Spend at least **30 minutes** every day being active.
- Take the stairs instead of using the elevator. Climbing stairs for **10 minutes** will burn **150 calories** (calculated using 150 pound as base weight).
- Stand up and stretch at least **once every hour**.
- **Ride your bike** to work instead of driving.
- Hold "walking meetings".
- Create opportunities to get up often. Drink a lot of water so you have to use the bathroom. Instead of sending intra-office emails, get up and talk to coworkers.
- Eat your lunch in 15 minutes and use the rest of your time to go for a walk or climb the stairs.



The American Heart Association urges **30 minutes** of walking per day to reduce the risk of heart disease. **100 steps per minute** is considered a reasonable pace.

