

EXERCISE/STRETCHING SERIES

Efficient & effective movements to improve stiffness and discomfort

Battling a Sedentary Work Day

Exercise is good for you but it's not enough if the bulk of your work day is sitting at a desk. Here's a few statistics that show how important movement is at work.



An American Cancer Society study followed over 120,000 people (~55% women, ~45% men) for 14 years.

- Women who were inactive and sat over 6 hours a day were 94% more likely to die during the time period studied than those who were physically active and sat less than 3 hours a day
- Men who were inactive and sat over 6 hours a day were 48% more likely to die than their standing counterparts

These findings were independent of physical activity levels - **the negative effects of sitting were just as strong in people who exercised regularly.**

What Can I Do?

1. **Reduce optional sitting in your life** - The stand-up desk is a great idea. Use caution when starting out, using the stand option as a break from sitting. Gradually, stand more and sit less. You may have developed some stiffness in your hips and back that may make standing all day uncomfortable. If you find transitioning to a standing desk difficult, you may need to get some help with improving your flexibility.
2. **For every 30 minutes you are deskbound, move for at least 2 minutes** - Set a timer (one of these apps might help - <https://focustimeapp.com/>; <https://dejal.com/timeout/>; <https://www.marinaratimer.com/>; <https://raisesquare.com/standup/>). Perform your work stretches at this time or go for a 2 minute stroll.
3. **Prioritize position and mechanics whenever you can** - Sit at the edge of your chair on your "sit bones." Fidget often. Brace your abdominal muscles. Shoulders back. Chest up. Chin down.
4. **Perform 10-15 minutes of daily maintenance on your body** - We are all unique, but here are some common areas to address: foam roller on sore upper back muscles, stretching your hands overhead, stretching your hamstrings, hip flexors, and chest muscles.

Your employees are struggling with movement-related pain, which often leads to increases in lost-time injuries, turnover and medical costs. At New Life For Work, our customized solutions identify and address these problems early to get you back to a thriving workforce.



Powered by

solveglobal®

www.newlifeforwork.com