

Workplace Solutions to Get People Moving

10 Reasons You Shouldn't Sit all Day

1. Total daily sitting time is correlated with increased mortality.
2. Prolonged sitting is harmful even if you exercise.
3. Breaking up sitting time improves cardio-metabolic parameters
4. Moving improves your mental health and outlook.
5. Moving stimulates your brain and creativity.
6. Prolonged sitting can increase upper back, neck and shoulder pain.
7. Prolonged sitting may create increased lower back pain.
8. Moving can make you feel more focused and productive.
9. To reduce the effects of negative stress.
10. Moving can enhance social connections and communication.

10 Solutions to Get People to Move More at Work

1. Take walking meetings. Establish guidelines for movement breaks during seated meetings and training events. Create opportunities for people to stand or pace.
2. Get up and move around at least once every 30 minutes.
3. Try a standing or walking workstation for some of the day.
4. Every time you finish a task get up and move. Or set an alarm or other display to remind you to get up and move. Establish a route – vary it up.
5. Take the stairs not the elevator. Set up stair climbing challenges and consider initiating team competitions.
6. Talk in person rather than using instant messenger or email. Stand while making phone calls or doing other tasks.
7. Add walking to both ends of your commute. If you drive to work, park farther away or add in a walk around the block. If you can, take public transit.
8. Consider cycling to work. Encourage your organization to install bike racks to make bicycle commuting more convenient.

9. Use your meal and other breaks for workouts or an opportunity for a short walk. Arrange meetings or appointments in walkable locations when possible.
10. Instill workplace opportunities for exercise during the day including team sport (like ping pong, basketball) and solo fitness opportunities (yoga, walking, running, exercise facility). Create safe and attractive paths for walkers and runners.
11. Make movement part of every daily work plan.
12. Be creative and encourage your organization to help support opportunities for movement, especially those that support job function.

June 2014. For specific tips to implement some of these ideas, scroll down the page to [Moving at Work: Workplace Solutions on CROETweb.com's Wellness & Total Worker Health Best Practices subtopic page](#).

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