

# GETTING PRODUCTIVITY UP & MOVING

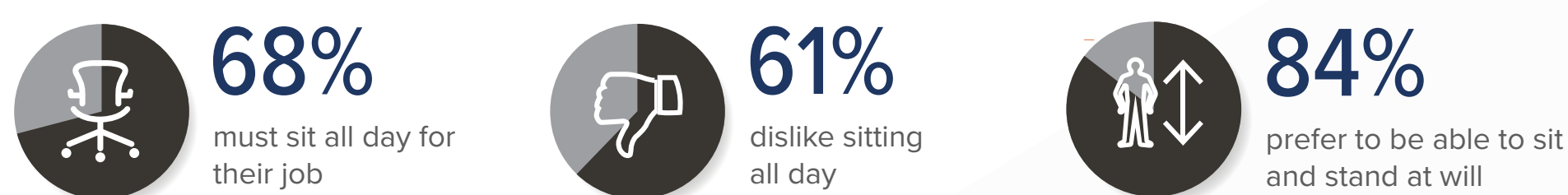
## HOW SITTING TOO MUCH AFFECTS EMPLOYEE HEALTH & EFFICIENCY

People across the globe are sitting too much. All of this sedentary behavior is having an impact on employee and organizational health and productivity.

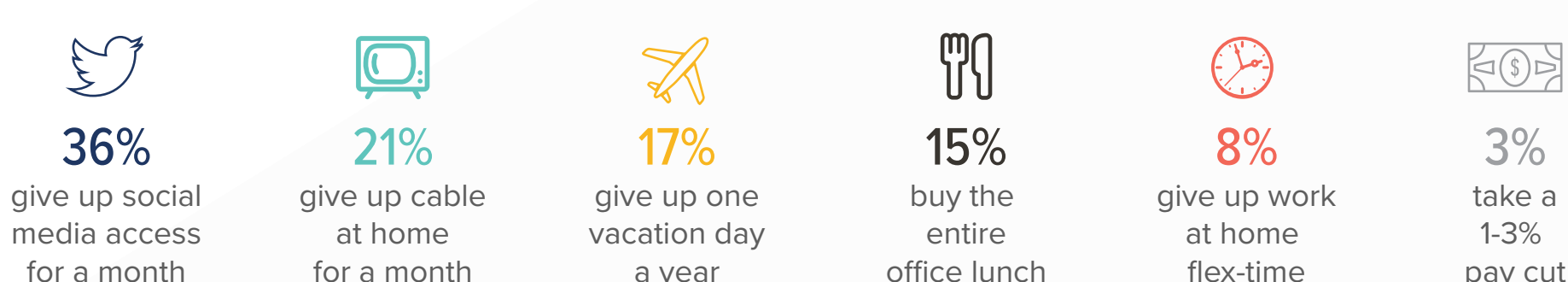
### HOW SEDENTARY ARE WE?



### HOW DO WE FEEL ABOUT SITTING?



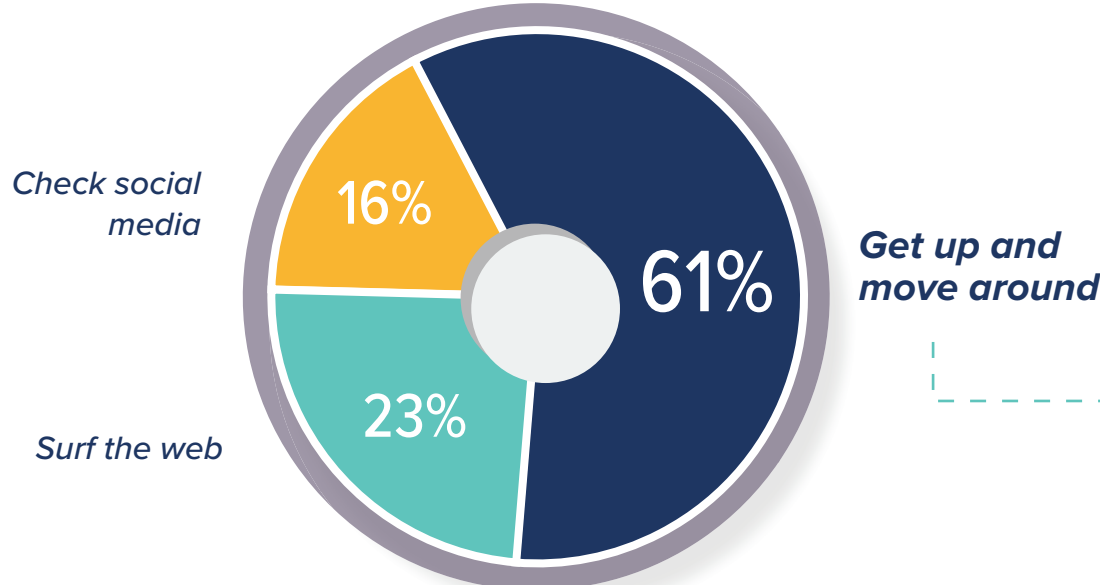
Employees dislike sitting so much, they would rather:



### HOW DOES SITTING TOO MUCH IMPACT OFFICE PRODUCTIVITY?

Restlessness from sitting too much is more disruptive than social media

When you're feeling restless at your desk at work, what are you most apt to do?



THINK ABOUT HOW MUCH TIME IS LOST

To relieve discomfort, 58 percent of employees are taking **TWO TO FIVE BREAKS A DAY**, and another 25 percent are taking more than six breaks a day

When interrupted, it can take a worker more than **20 MINUTES** to get back on task

**OFFICE HACK:**  
Using a standing desk has been shown to **INCREASE PRODUCTIVITY BY 46%**

### HOW DOES SITTING TOO MUCH AFFECT EMPLOYEE HEALTH?

According to the World Health Organization, physical inactivity is now identified as the fourth leading risk factor for global mortality.

Integrating more low-level physical activity may decrease the risk of metabolic syndrome and diseases like Type II Diabetes, cancer, heart attack and stroke.

Studies have found that the minimum suggested level of activity – 2.5 hours a week – does not counteract the harmful effects of prolonged sitting.

If you sit and are inactive more than 6 hours per day, you may be at risk of sitting disease.

#### SURVEY SAYS: WHAT DO WE KNOW ABOUT SITTING DISEASE?



Sitting disease is a term coined by the scientific community, commonly used when referring to metabolic syndrome and the ill-effects of an overly sedentary lifestyle

### KEY TAKEAWAY: LOOK FOR WAYS TO INCORPORATE MOVEMENT INTO YOUR DAY

- 1 Coordinate standing or **walking meetings**
- 2 Be mindful of how much you're sitting or standing; the goal should be to **alternate every 30 minutes**
- 3 Aim to increase **low-level activity** outside of your typical workouts, like using sit-stand workstations and finding opportunities to break up sitting at work and at home

#### METHODOLOGY

The 2015 JustStand® Index was commissioned by Ergotron and fielded by independent panel research firm Research Now from September 23 to October 2, 2015. The responses were generated from a survey of 1,000 people who self-identified as full-time employees. All respondents are age 18 or older and living in the continental United States.

Ergotron devices are not intended to cure, treat, mitigate or prevent any disease.

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