



Reducing Sedentary Behavior in the Workplace

REDUCING SEDENTARY BEHAVIOR IMPROVES PHYSICAL HEALTH, MENTAL WELL-BEING AND CAN BE ATTRIBUTED TO A HOST OF OTHER POSITIVE OUTCOMES INCLUDING INCREASED PRODUCTIVITY, AND THE LOWERING OF HEALTH CARE COSTS. IT MAKES BOTH SOCIAL AND ECONOMIC SENSE THAT ORGANIZATIONS ARE TAKING NOTICE

- Consider a standing (adjustable) desk
- Take multiple mini breaks an hour
- Track seated time as closely as break time
- Remember EVERY bit helps, it's cumulative
- Work with an ergonomics provider



"Sedentary time has been found to be associated health effects such as metabolic syndrome (including diabetes), heart disease and poor mental health. These effects are not related to how active a person is physically." - Canadian Centre for Occupational Health and Safety.

Please contact me for further information ▶▶▶



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