

STAFF CHALLENGES



Standing Up Against Sedentary Behaviour

Prolonged, frequent durations of sedentary behavior have been linked to various negative health effects.

A study at the University of Queensland found that even when adults meet the physical activity guidelines, sitting for prolonged periods can compromise health. Most prolonged sedentary behaviors occur at the work place. By interrupting these bouts with a five-minute walk, an energizer, or by standing at your desk, you can drastically reduce the negative health effects.

Note: Curious about how much you're sitting on an average day? Take two minutes to fill out the [sitting calculator](#). You might be surprised to learn how much time you spend sitting and hopefully this will motivate you for this month's challenge.

Timeline:

The Standing up Against Being Sedentary staff challenge should last for 2 weeks.

Goal:

To incorporate at least FOUR active breaks throughout your workday.

Instructions:

1. Pick four times during the work day to dedicate to an active break.
2. During your selected times, either engage in 5 minutes of movement (this can be anything from taking a walk to doing office gymnastics), or choose to stand while doing desk work for at least 10 minutes.
3. Record your progress in the Standing Up Against Being Sedentary tracking sheet.