GETTING PRODUCTIVITY UP & MOVING

HOW SITTING TOO MUCH AFFECTS EMPLOYEE HEALTH & EFFICIENCY

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

- Get up and move around
- Surf the web
- Check social media

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

HOW DO WE FEEL ABOUT SITTING?

- 84% must sit all day for their job
- 36% prefer to be able to sit and stand at will

Employees dislike sitting so much, they would rather:

- 36% give up social media access for a month
- 21% give up cable at home for a month
- 8% give up work flex-time
- 3% take a 1-3% pay cut

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

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.

HOW DOES SITTING TOO MUCH IMPACT OFFICE PRODUCTIVITY?

Restlessness from sitting too much is more disruptive than social media.

OFFICE HACK:

Using a standing desk has been shown to INCREASE PRODUCTIVITY BY 46%.

1. 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.
2. Be mindful of how much you’re sitting or standing; the goal should be to alternate every 30 minutes.
3. Coordinate standing or walking meetings.

SURVEY SAYS: WHAT DO WE KNOW ABOUT SITTING DISEASE?

- 85% don’t know what it is
- 86% believe sedentary lifestyles increase risk of early mortality
- 47% think that they are at risk

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.

WHAT HAPPENS TO THE BODY WHEN YOU SIT TOO MUCH?

- 13 Hours Sedentary

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

HOW SEDENTARY ARE WE?

- 68% sit 8 hours or more at work
- 51% sit at home for more than 8 hours

HOW DO WE FEEL ABOUT SITTING?

- 51% are not comfortable sitting all day at work
- 53% are not comfortable sitting all day at home

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

- 3% get up and move around
- 22% surf the web
- 23% check social media

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.

HOW MANY HOURS ARE WE SITTING?

- 61% are not comfortable sitting all day at work
- 61% are not comfortable sitting all day at home

It’s time to move. The second 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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INTRODUCTION

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