Adults, on average, spend half of their waking hours sitting down. Prolonged sitting is associated with a range of significant health risks. Don’t sit your day away. Undertaking at least 30-60 minutes of physical activity each day is essential for good health.
MOVE MORE, SIT LESS

STAND UP FOR CHANGE 4 EASY WAYS

1. PLANNING STANDING
   Ensure regular standing/moving breaks once an hour for 2-3 minutes.

2. RISING AND DEVISING
   Allocate one or more agenda items to be discussed whilst standing.

3. STANDING NAGGING
   Identify an individual at the start of the meeting who ensures all staff take regular standing breaks.

4. WALKING AND TALKING
   Conduct short meetings whilst standing or walking.

TRY IT AND SEE.
Enjoy improved focus, better posture and increased productivity!

‘Move More, Sit Less’ working group
Healthy Sydney University