

# Q&A

## ABOUT SITTING LESS AND MOVING MORE IN OFFICE WORKPLACES

Question	Answer
<b><i>Why should we encourage our staff to sit less and move more?</i></b>	<p>This is an easy no-cost or low-cost programme that will benefit your workplace through:</p> <ul style="list-style-type: none"><li>• improved staff productivity</li><li>• reduced absenteeism</li><li>• increased staff engagement</li><li>• greater talent attraction and retention.</li></ul>
<b><i>What are the benefits of sitting less and moving more for staff?</i></b>	<ul style="list-style-type: none"><li>• Reduced risk of chronic diseases such as cardiovascular disease, type 2 diabetes and cancer.</li><li>• Improved weight management.</li><li>• Improved mental wellbeing and reduced stress.</li><li>• Reduced risk of musculoskeletal disorders and injuries.</li></ul>
<b><i>Why is this a priority?</i></b>	<p>It's a programme that can be easily implemented with minimal cost to the organisation. There are free tools and templates available ready to use – just add your organisation's logo.</p>
<b><i>How much will it cost?</i></b>	<p>Most of the changes will not cost money. You can choose to implement only those that are no-cost, or you can adopt some of the low-cost options.</p>
<b><i>What will it involve?</i></b>	<p>Six simple steps:</p> <ol style="list-style-type: none"><li>1. Identify key staff to be champions.</li><li>2. Identify changes to easily implement.</li><li>3. Develop a plan.</li><li>4. Raise awareness with staff.</li><li>5. Make the changes.</li><li>6. Sustain the changes and celebrate success.</li></ol>

<p><b><i>What are some no-cost changes our organisation can make?</i></b></p>	<ul style="list-style-type: none"> <li>● Hold standing meetings.</li> <li>● Provide a stand-up reading area.</li> <li>● Display posters that prompt staff to sit less and move more.</li> <li>● Encourage the use of active transport (walking, running, cycling, or scooting) to and from work or external meetings.</li> <li>● Put 'Standing meetings welcomed' signs in meeting rooms.</li> <li>● Set up a lunchtime walking or jogging group.</li> <li>● Put a high table with no seats in the lunch room.</li> <li>● Centralise printers or office rubbish bins so staff have to get up to use them.</li> </ul>
<p><b><i>Where can I get more information or support?</i></b></p>	<p>These free resources are available from <a href="http://hpa.org.nz/nutrition-physical-activity-resources">hpa.org.nz/nutrition-physical-activity-resources</a>:</p> <ul style="list-style-type: none"> <li>● A guide to sitting less and moving more in your workplace.</li> <li>● Powerpoint template to create a tailored presentation for management and staff to gain their support.</li> <li>● Meeting room signs and workplace posters for staff.</li> </ul> <p>Other free useful resources include:</p> <ul style="list-style-type: none"> <li>● Ministry of Health Guidance on Nutrition and Physical Activity for Workplaces, available from <a href="http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/guidance-nutrition-and-physical-activity-workplaces">www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/guidance-nutrition-and-physical-activity-workplaces</a></li> <li>● Ministry of Health Physical Activity Guidelines, available from <a href="http://www.health.govt.nz/our-work/preventative-health-wellness/physical-activity">www.health.govt.nz/our-work/preventative-health-wellness/physical-activity</a></li> <li>● Step Jockey allows you to create customisable resources to encourage staff to use the stairs, available at <a href="http://www.stepjockey.com">www.stepjockey.com</a></li> </ul>