

# Active working myths, legends and truths



Active working means incorporating **more movement** into your working habits. It's about changing your postures so that you're less sedentary. **Sitting less** can be a key element.

Active working can stimulate your body, allowing different muscles to be used and stimulating circulation. So what are the misconceptions, untruths and cold hard facts floating about around active working?

## Myth

**You should stay seated and still during meetings**

**No** - in most situations you can stretch, move positions or stand during both online and in-person meetings!

Why not be the person to set a good example? Others will follow you.



## Myth

**If you encourage people to take breaks, they'll be less productive**

**No** - they're likely to be **MORE** productive because their bodies and minds will be **refreshed**.

Taking frequent **microbreaks** to move:

- Boosts your overall health
- Can reduce your risk of developing serious health conditions ...and needing sick leave
- Can boost creativity and help with stress control.



## Truth

**Moving while working can help to prevent and manage back pain**

**Yes** - inactivity and not changing position is strongly linked with back pain.

**Your back will thank you if you:**

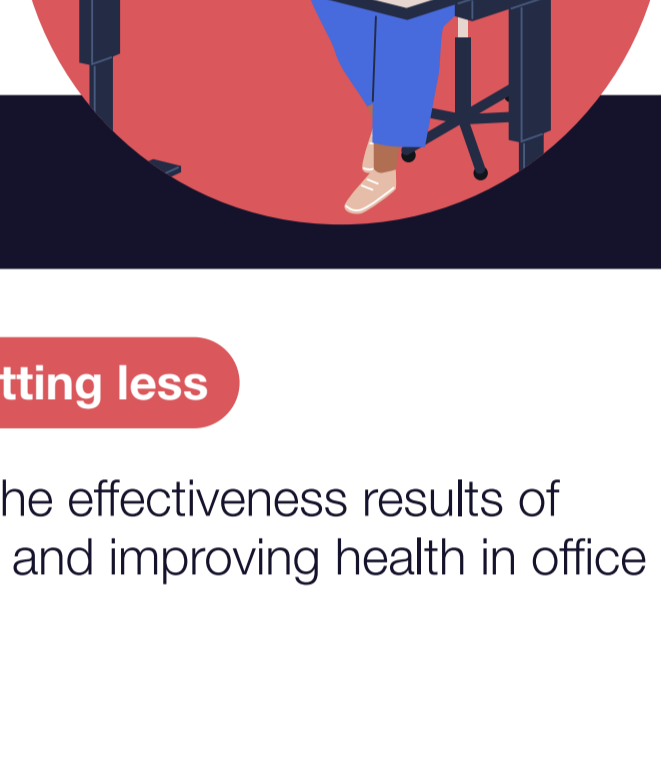
- Move at, and away from, your desk frequently
- Make sure you're supported in a good position when you're sitting - ideally in a chair that provides movement.



## Myth

**You're supposed to stand all day with a 'standing' desk**

**No** - it's a **sit-stand desk** - you sometimes sit, and sometimes stand. Standing all day isn't recommended. Alternating is key.

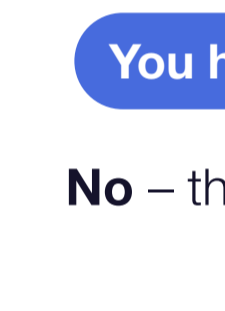


## Truth

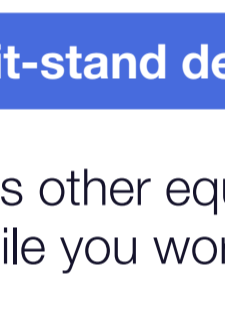
**There is evidence to prove the benefits of sitting less**

University of Leicester researchers published the effectiveness results of their world's largest trial 'Reducing sitting time and improving health in office workers' in the BMJ in 2022.

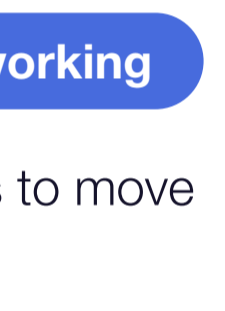
From those who were sitting less at work:



71% felt **more focussed**



66% felt **more productive**



65% reported improved quality of life<sup>1</sup>

## Myth

**You have to have a sit-stand desk to do active working**

**No** - there are numerous other equipment-free ways to move more while you work including:

- Simply moving at least every 30-60 minutes
- Placing things you need further away - to prompt movement
- Standing to take calls
- Standing to snack or eat lunch
- Stretching and exercising at your desk
- Using the stairs instead of the lift
- Walking meetings
- Standing meetings
- Fetching your own drink rather than the 'tea run'
- Popping over to a colleague's desk to chat
- Moving to different areas to watch a webinar or meet
- Exercising during a lunch break

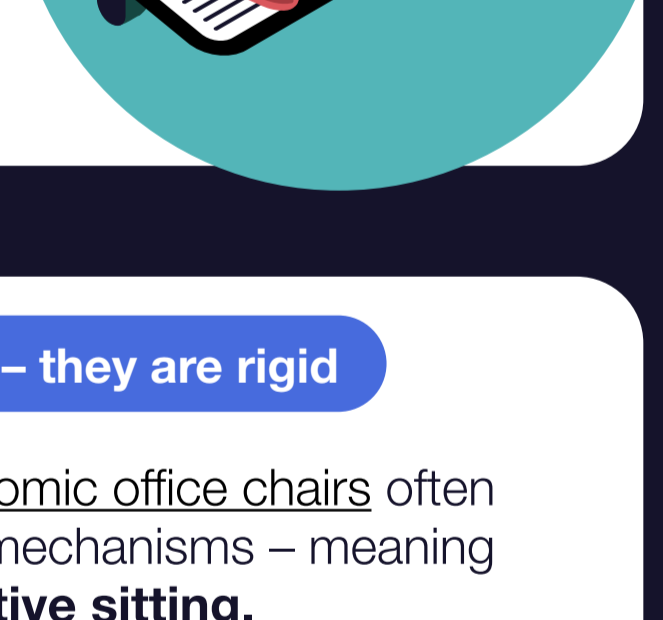
**It's pretty easy to make small but important changes to reduce our sitting time.**

## Truth

**A footrest that allows movement can help you to move more while working**

**Yes** - enjoy pointing and flexing your feet!

A **rocking footrest** under your desk is great for stretching and contracting your leg muscles and helping to stimulate circulation in your legs.



## Myth

**Office chairs don't move - they are rigid**

**No** - good **ergonomic office chairs** often have movement mechanisms - meaning you can enjoy **active sitting**.

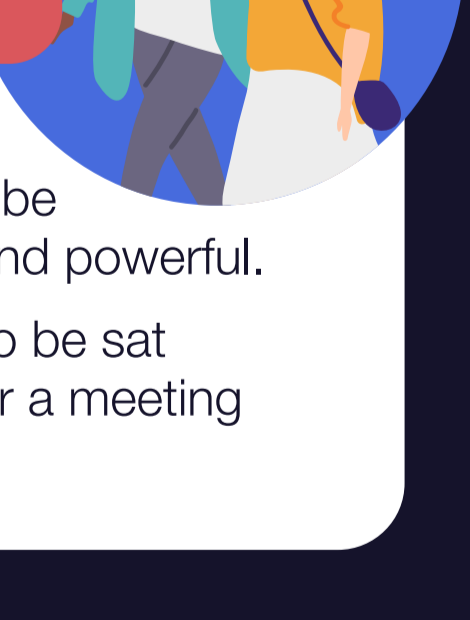
This supported movement is highly recommended.



## Truth

**Walking meetings can be great for collaboration**

**Yes** - a walk and talk meeting can be fun, productive and powerful. You don't need to be sat around a table for a meeting to be productive.



## Myth

**There is only one good posture**

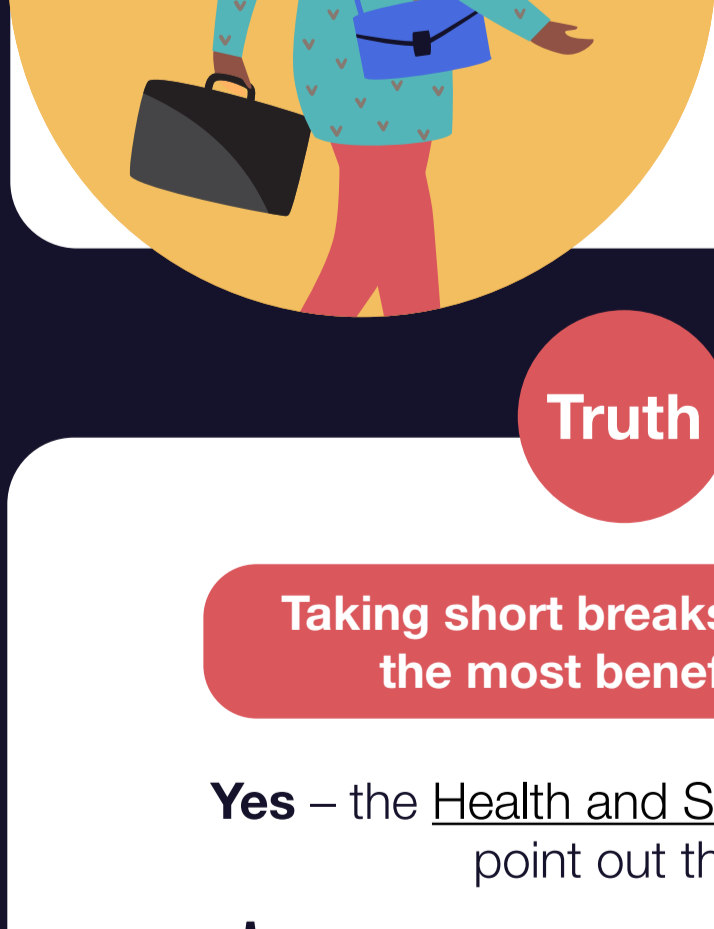
**No** - it's good for you to

**MOVE** between a variety of postures.

## Truth

**Your commute could actually be good for you**

That long walk from your parking space, that sprint across the station forecourt, that uphill fast-walk to the bus stop - your commute could be healthy. Don't knock office working - it has significant plus points!



## Truth

**Taking short breaks often is the most beneficial**

**Yes** - the **Health and Safety Executive** point out that:

A **5-10 MINUTE**

**IS BETTER**

THAN A **20 MINUTE**

**BREAK AWAY FROM THE SCREEN EVERY HOUR**

**BREAK AWAY FROM THE SCREEN EVERY 2 HOURS**

## Myth

**"I go to the gym after work so this counteracts my inactivity at work"**

**No** - a sedentary working day is still detrimental to your health even if you go to the gym.

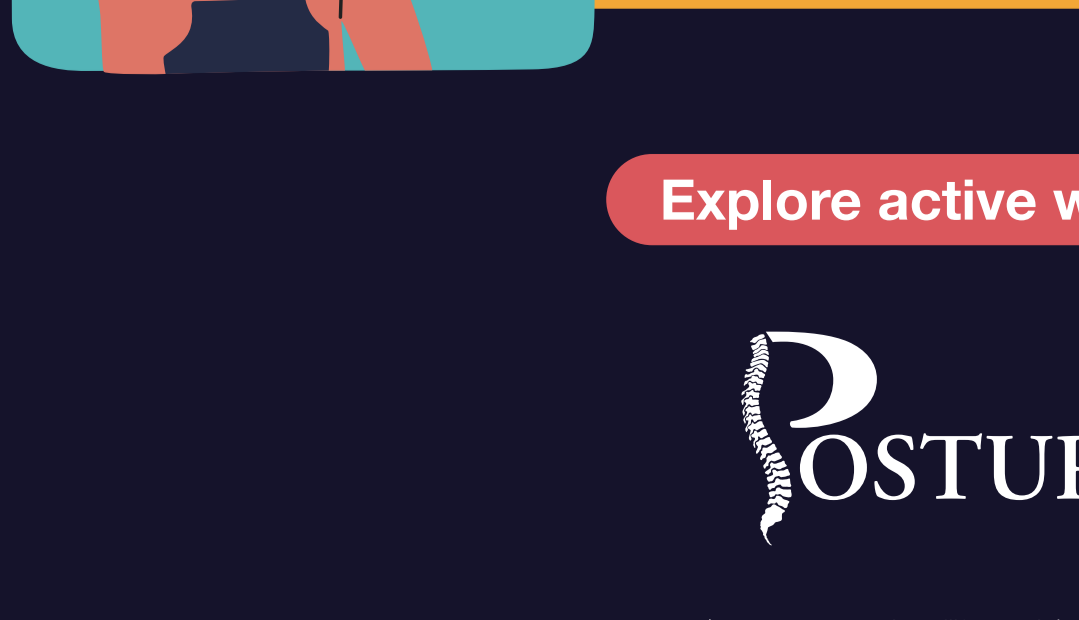
Aim for both active working and leisure time!



## Be a legend!

Be the **first** in your department to bring movement to your working habits.

When working from home, be a positive healthy-working role model to family or flatmates. Become an active working promoter, legend and leader, and **move more** at work!



**Explore active working kit**