



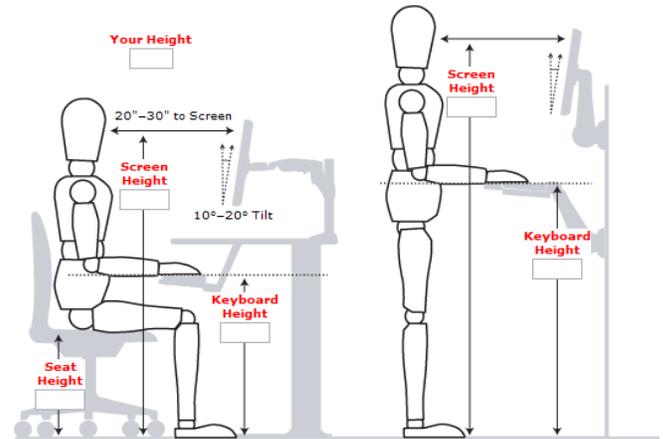
# Small Changes, Big Impact: Modifying Your Work Space for Health

Can you imagine leaving your job in a healthier state than when you arrived? How can this be accomplished? With small, low or no-cost changes!

Work settings have become increasingly sedentary, resulting in prolonged sitting throughout the work day. Metabolism slows down 90% after just 30 minutes of sitting. Muscles in your lower body shut down. After two hours, good cholesterol drops 20%. Sitting for long periods of time increases the risk of cardiovascular disease, diabetes, obesity, cancer, and even depression and mental stress; yet, studies show that prolonged standing can also have negative impacts. Fortunately, recent research has revealed guidelines to find a healthy compromise: start by standing for at least two out of eight hours at work. Gradually build up to standing throughout at least half of your eight-hour work day.

## Redesign Your Work Space

One way to accomplish this new behavior at work is to redesign your work space. Consider an adjustable desk that will allow you to stand and/or sit throughout the day. These accommodations can be made through purchasing special workstations, or by simply getting creative in your workspace and elevating your desk. Adding a counter-height stool to an elevated workstation that cannot move up and down will allow the flexibility to sit or stand.



Whether standing or sitting, remember proper office ergonomics to minimize discomfort or injury.

## Simple Solutions

Don't worry if making a change in your physical work station is not an option. There are simple solutions to add more movement into your workday. Make it a practice to always stand when talking on the phone. Hold standing meetings, or better yet, walking meetings. Walk down the hall to speak with a co-worker instead of sending an email. Use the stairs instead of an elevator. Making these small changes will be noticed, and before you know it, you might just be starting a shift in your work culture and find others joining you in this healthy behavior.

Increasing your daily activity through these changes not only has a big impact on your health, but studies have found that productivity increases by 15% when people stand and move more during the day. Good for you—good for business!



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