

# ACTIVE MOVEMENT IN THE HOME OFFICE

For many, working at home will be a very different experience. Making your home your office means not having to move around to complete daily tasks, meet colleagues or visit other locations. Yet staying indoors for a while does not mean you cannot be active. For Active Movement, that means standing and moving more but sitting less.

## SO WHY NOT MAKE YOUR HOME AN ACTIVE MOVEMENT OFFICE?

For more information about Active Movement, go to [www.activemovement.co.uk](http://www.activemovement.co.uk)



## WHY ACTIVE MOVEMENT?

After 20 minutes sitting your body begins to shut down in lots of different ways.

This includes increases in visceral fat and blood inflammatory markers, reduction in fat-burning enzymes and muscle wastage below the waist. Standing up after 20 minutes for a couple of minutes stops these effects.

Standing and moving reduces heart disease, diabetes, cholesterol and even some cancers.

Standing and moving improves creativity, energy levels, productivity and focus

Standing up uses 0.7 calories each minute (which can add up if you stand up all the time!)



## CREATE AN ACTIVE WORKPLACE

- ✓ Why not change your workstation to stand more?
- ✓ Place your laptop or computer keyboard on top of a box or upturned washing bowl so you can stand to work
- ✓ Place your phone out of reach so you have to stand and move to get it
- ✓ Arrange printing paper, ink, bin etc away from your desk so you have to move more
- ✓ If you are printing paper, making tea, watching the TV etc, stand up as much as you can
- ✓ Start slowly – then stand more each day



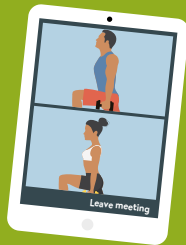
## ACTIVE TIDYING

Doing things around the home can be very active. Tidying up, washing dishes, making beds, vacuuming are ways of being a bit more active.



## ACTIVE TOGETHER

Struggling to get going or be active? Buddy up with friends or colleagues and remind each other each day – or share the exercises to the right.



## MAKING EVERY DAY OFFICE MOVEMENTS

Remember some of the Active Movements you have done so far.

- ✓ Just sent an email? Stand up
- ✓ Making a call? Walk about
- ✓ Conference call? Walk about
- ✓ See a clock? Stand every 20 minutes
- ✓ Got stairs? Climb them every 30 minutes



## ACTIVE EXERCISE: SOME SIMPLE DAILY MOVEMENTS TO TRY

- ✓ Sit on an upright chair and then stand and sit down 20 times
- ✓ Stand with your feet shoulder-wide then squat down to your heels and stand 15 times
- ✓ Walk 200 paces in the house every day (include a walk up the stairs at the same time if you can)
- ✓ Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight
- ✓ Hop 15 times on each leg
- ✓ Try some seated exercises: [www.nhs.uk/live-well/exercise/sitting-exercises](http://www.nhs.uk/live-well/exercise/sitting-exercises)
- ✓ Have a look at exercises for specific long term health conditions and different disabilities at: [www.sportengland.org/stayinworkout#get\\_active\\_at\\_home](http://www.sportengland.org/stayinworkout#get_active_at_home)

