



Stand up for your health!

It's time to move more and sit less with [On Your Feet Britain](#) - a nationwide campaign to get two million desk-based workers across the country standing and moving on **Thursday 28 April!**

When it comes to physical activity levels, we usually think about the recommended 150 minutes of moderate intensity activity a week - like a daily brisk walk.

But is it okay to go to the gym three times week and then sit around for the rest of the day?

Sitting, standing and your health

There's been a lot of research into this interesting question over recent years, and it all points to the same conclusion... that low-intensity activity throughout the day delivers major benefits to your health and wellbeing - **regardless of how much formal exercise you carry out.**

We're not saying that sitting is the new smoking... but studies consistently show that sitting for prolonged periods of time across the day impacts health in all sorts of ways - you're more likely to gain

weight and to develop serious health conditions like type 2 diabetes, cardiovascular disease, and cancer as well as experience blood clots, low mood, and musculoskeletal pain.

Low intensity activity

Low intensity activity simply involves **getting up on to your feet** - even just standing still can increase your metabolic rate by 60% over sitting.

But it also means moving around too - nothing strenuous - think strolling or stretching... it all counts, just as long as you're on your feet!

Vertical thinking

Here are some simple, practical ideas to get more foot-time across your day...

- get up and wander around when you're on the phone
- set yourself a reminder every hour for a two-minute stand and stretch
- stroll over to see a colleague instead of calling or emailing them
- park at the far side of the car park
- make regular trips to the water cooler

- build standing breaks into meetings
- get up and have your lunch standing
- stand at the back of the room during short presentations
- do standing chores such as ironing whilst watching TV
- get up and move around during TV adverts
- get off the bus or tube a stop early and walk the rest of the way
- stand on public transport

Use your imagination and stay mindful of things you can do to reduce the amount of time you spend sitting – moving more and sitting less will make a real difference to your physical and mental health!

On Your Feet Britain

You can also give you and your colleagues a kickstart with [On Your Feet Britain](#) on 28 April by organising [activities and challenges](#) to get everyone up and about - or even register as a [Workplace Champion](#) and gain access to lots of useful materials to help you along the way.