



SAFETY2BUSINESS

6 IDEAS FOR OFFICE EMPLOYERS TO FIGHT THE SITTING DISEASE



According to scientists 50-70 per cent of us spend around six hours a day sitting. You may think that sedentary office work hides less health risks than other jobs that require physical action but you are wrong.

The truth is that sitting is killing you without you even knowing it. Diabetes, cardiovascular disease, high cholesterol, back pain, slow blood circulation are just examples of a longer list of risk factors. These come to show that there is something wrong with the workplace ethics of 21st century and unless we do something, things will get worse.

Nine-to-five office lifestyles are fueling a 'pandemic' of inactivity and leading to 90,000 unnecessary deaths a year. If you are a business owner who cares about the health and wellbeing of their staff you should take action today. We have put together 6 examples of how you could fight the sitting disease for a better life-cycle and therefore higher productivity levels of your staff:

1. Offer your employees a standing workstation option. We bet that more than 50% of them would prefer it rather than the regular desk.
2. Don't be one of those tyrants who don't allow their staff to have breaks during work hours. Encourage them to go have a coffee and walk around the office.
3. Challenge your staff to move more. Organise a competition with a small prize to keep them motivated. You can easily find out who the winner is using one of the free fitness tracking apps available out there.
4. Teach your employees stretches that they can perform at their desks and allow them to have short stretching breaks.
5. Educate your staff about the many dangers of sitting disease.
6. Nurture a positive office environment by creating and encouraging a corporate culture of health that promotes employees wellbeing, heightens morale, decreases health care costs and improves the overall performance of your organisation.