



an initiative of  BLUEARTH

## Media release

Friday 20 October 2017

---

### Office workers standing up for better health

Employees and managers have given standing desks the thumbs-up, saying they improve employee health, mental wellbeing and productivity when they are used to break up prolonged periods of sitting throughout the workday.

Office workers have also reported that moving more and sitting less in the office makes them feel happier, healthier and more productive.

“Sitting for long periods is harmful to our health, and given office workers sit for up to 80% of their day, it’s important that employers create safe, healthy working environments,” Professor Stuart Biddle, Professor of Physical Activity and Health at the University of Southern Queensland.

Wendy Gillett, CEO of the Bluearth Foundation said that managers play a key role in the success of getting staff moving more and sitting less.

“Through our research we know some workplaces are still not allowing people to have a stand-up desk unless they are sick or injured and can provide a medical certificate. Managers need to be visibly supportive of a ‘move more’ workplace to create long-term behavioural change,” she said.

Professor Biddle said the Workplace Movement Forum on November 23 will be an opportunity for participants to hear first-hand how organisations have improved employee health, happiness and productivity by implementing a Move More culture in their workplace.

“The Workplace Movement Evolution will disrupt current ways of thinking and showcase the many different ways we can all move more and sit less in the workplace,” he said.

#### **Workplace Movement Evolution**

Thursday 23 November

Peninsula, Harbour Esplanade, Docklands

Tickets on sale now: [www.movemoresitless.org](http://www.movemoresitless.org)

**For interview opportunities with either Wendy Gillett or Stuart Biddle contact Wendy Gillett: 0409 141 135**

#### Sources:

Leavy, J; Jancey J: (2016) Stand by me: qualitative insights into the ease of use of adjustable workstations, *AIMS Public Health*, 2016, 3(3): 644-662. doi: 10.3934/publichealth.2016.3.644

Move More Sit Less for a Better Quality of Life (2016), Bluearth Foundation

***Bluearth Foundation is a national health promotion charity working to improve the health and well-being of Australian children by making movement a part of everyday life.***