

# Sit less September...

STAND UP, SIT LESS, MOVE MORE



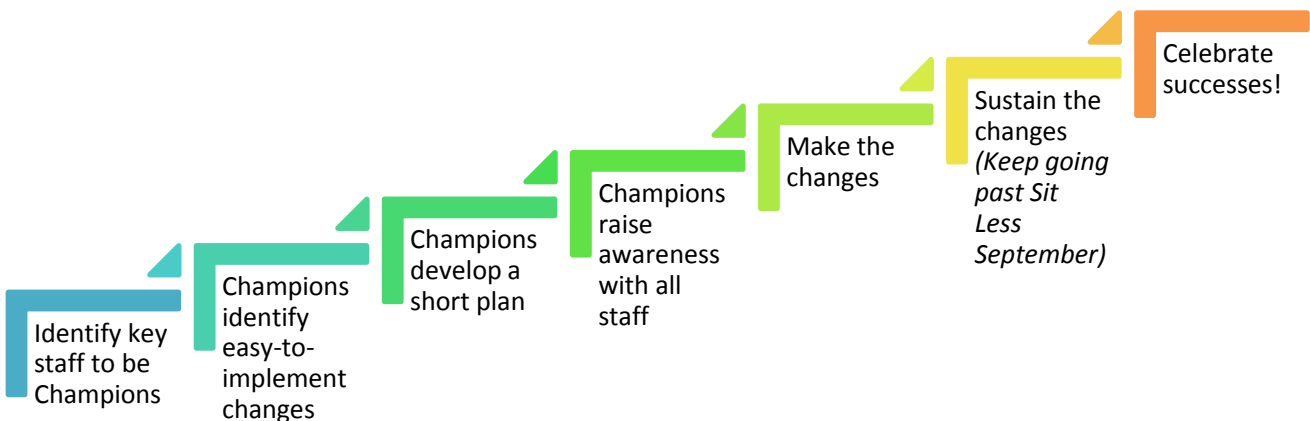
## Sit Less September at your workplace

A workplace that supports staff to sit less and move more can benefit from more productive staff, reduced absenteeism and increased staff engagement through improved health.

Here are a number of cost-effective workplace wellbeing ideas to encourage staff to sit less and move more.

Plan ahead: let your employees know a week ahead you'll be doing Sit Less September, starting on Monday 2nd September 2019. This will show staff know that your organisation supports Sit Less September for their health and wellbeing.

### 7 simple steps



Sitting for prolonged periods is bad for your health - *no matter how fit you are.*

**Nō reira e Tu Tātau!**  
**So let's *Stand Up for Yourself!***

## No-cost changes you can make for Sit Less September

Here are some suggestions to get your Champions started:

- ... stand up while on the phone.
- ... provide a stand-up reading area for reading reports etc.
- ... walk to a colleague's desk instead of emailing or calling.
- ... centralise printers or office rubbish bins so staff have to get up to use them.
- ... print off documents one-at-a-time to build in a walk to the printer.
- ... stand up at the back of the room during presentations.
- ... have standing meetings (with a sign inviting people to do so).
- ... put up a high table with no seats in the lunch room or meeting room.
- ... have walking meetings (*best for smaller meetings*).
- ... encourage staff to walk, run, cycle or scooter to and from external meetings.
- ... set up a lunchtime walking or jogging group.
- ... set a quiet reminder on your phone to get up every 30 minutes.
- ... turn a coffee or tea break into a walking break.
- ... encourage staff to park the car a little further away from your workplace. Better still are cycling, walking or taking the bus to work (and opt to stand on the bus).
- ... if you are mobility impaired or a wheelchair user consult your health and physical advisor for what would best suit you to increase physical activity.

**Remember to release weekly activities and reminders about Sit Less September throughout the month (and the following months).**

### Free resources and support

Put up **posters** to prompt staff to sit less and move more. Order for free or print off from <https://wellplace.nz/resource-library/sit-less-move-more-posters/>

Organise a **Stair Challenge** – <https://wellplace.nz/assets/Uploads/Resource-files/Move-more-resources/Stair-Challenge-Info-WEB.pdf>

Create some workplace **walking posters** to a destination near you like the nearest ATM, post-box, library, café with All Right? – <https://allright.org.nz/our-projects/walking-poster-generator/>

Practise **yoga** using your chair as a prop – <https://darebee.com/workouts/twist-and-fold-workout.html>

Have a 10 to 30 minute **boogie** at work using your own playlist or by contacting DIY Dance ([DIYDance@gmail.com](mailto:DIYDance@gmail.com)).

## He pai ake te iti i te kore

**Just standing up more throughout the day can improve your health.**

Contact Ann Vanschevensteen – WorkWell Advisor at Community and Public Health for more information: 03 378 6781 or [ann.vanschevensteen@cdhb.health.nz](mailto:ann.vanschevensteen@cdhb.health.nz).

**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha