

About 80 Million
desk jobs are in the US.

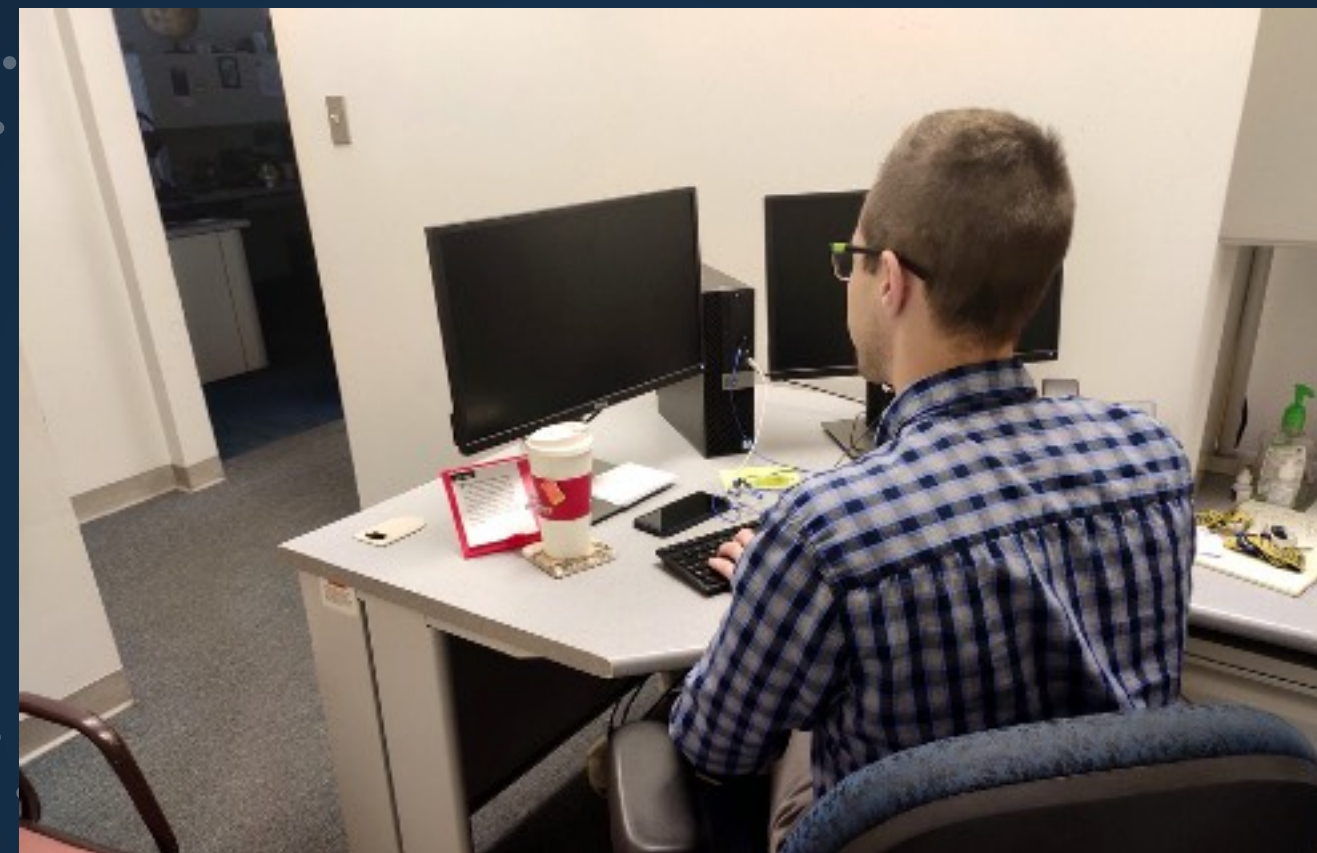


Around 55.3% of global workforce.

" Oftentimes, I just forget to take the breaks once I am in the flow during work hours."



"Health apps are tracking everything and it's almost neurotic."



Most participants got up from their chair for either water or coffee



The mobile phone was an integral part of their work setup, and they interacted with it frequently

