



#SitLess
#MoveMore
 @ACTIVEworking

“How to Get Sedentary Workers More Active”

Gavin Bradley
Active Working CIC





Active Working Seminars (venue of your choice)

- **Content:** tailored to specific audience needs of client
- **Venue:** client premises or designated location
- **Duration:** 60 mins. Delivered by Gavin Bradley, founding Director of Active Working
- **Co-branding:** **Active Working, Get Britain Standing** and Host Partner
- **Fee:** from £750 plus expenses / inc laminated **Active Working Guidelines**

Content

1. Setting the Scene:

- The average office worker sits 9 – 10 hours a day.
- Understand the basics of PROLONGED and EXCESSIVE sedentary behaviour.
- What exactly is Active Working? How did it come about and evolve? What is the impetus behind it?

2. Summary of Health Risks, International Thought Leadership and Response:

- Is “Sitting really killing us?” what are the health risks and specific benefits of sitting less & moving more?. What does this mean to me?
- Simplex explanation of the top 10 risks, international thought leadership and evidence.
- Global public health messaging around Sedentary Behaviour. Can the UK catch up?

3. How to help Sedentary Workers increase their level of activity?

- What can we do within the confines of our work environment?
- What mix of solutions are available and how to go about adopting them?
- How to set about changes in workplace culture

4. Evidence of the “Real Benefits”

- Employee Health and Wellbeing
- Higher Productivity, Better Engagement and Reduced Absenteeism / Presenteeism

5. Next Steps for “our” Workplace

- Workshop a basic next steps plan for your workplace
- Survey to review of impact of “*Active Working Action Plan*”

Expert Statement

Commissioned by:



EVIDENCE

First global expert guidance for office workers

Expert recommendations for employers to reduce prolonged periods of sedentary working:

1. Accumulate **two hours** of standing or light activity daily during working hours. Eventually progressing to **four**.
2. **Break up seated work** with standing work. Regularly.
3. **Avoid prolonged static sitting** (and static standing).
4. Employers should **promote reduction of prolonged sitting** alongside other health promotion goals.

Commissioned by:



With support from:



Public Health
England

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How to get sedentary workers more active?

IMPLEMENT

#SitLess #MoveMore

Breaking Down the Barriers to Prolonged and Excessive Sitting @ Work

EVIDENCE

KNOWLEDGE

EQUIPMENT



SUPPORT SOLUTIONS

ENVIRONMENT

IMPLEMENT

COMMUNICATE





Active Working™ increases **employee wellness and performance** through break-up and reduction of workplace sedentary behaviour.

Our fully integrated expert approach means our clients source the **optimal mix of solutions** with the necessary training and support to **maximise the benefits and return on investment**.

**WIGGLE IT
WAGGLE IT
JUST DON'T
SIT ON IT**

Join **2 million** office workers

Sign up today at:

onyourfeet.org.uk

Organiser



In Association With



**on your
feet
Britain**

27th April 2018

#CHIEFWIGGLEOFFICER

Hi I'm Josh, here to get
you moving.

What will you do?

#SITLESS #MOVEMORE

Contact:

Gavin Bradley

Founding Director

Active Working C.I.C / Multi-national **Get Standing** campaigns

Email:

gavin@activeworking.com

