健康在職計劃
Health@work.hk Project

活出健康新方向
we change For health

衛生署
Department of Health

# Don't Sit Too Long!

As technology advances, nowadays most office workers have to operate computers. Most city dwellers would also use TV, smartphones, electronic games, etc. for entertainment. We are almost not aware of the fact that we are spending more and more time sitting! Prolonged inactivity and excessive sitting are both bad for health. Office workers have to take extra precaution about this.

According to the American College of Sports Medicine (ACSM):

**About inactivity:**

- Males employed for a higher level of physical activity have a lower rate of coronary heart disease in their middle age than their less active counterpart.

- Prolonged/frequent sitting is closely related to health factors that lead to death.

- Even if you have attained the minimum level of physical activity, it may not be able to offset the adverse effects of excessive sitting.

- Obese people who sit most of the time outside sleeping hours have a higher rate of death.

## Tips: how to get active at work

- ✓ Walk a few rounds in the office at small breaks to relax

- ✓ Take a walk after lunch

- ✓ Stand up for phone conversations

- ✓ Get in front of your colleagues and talk direct; don't use email or the phone

- ✓ Go to the farthest washroom

- ✓ Use the stairs more often if body condition allows

- ✓ When you walk past the park near your office or home, get inside for a walk



So long as you are willing to make small changes to your habits in the workplace while maintaining regular exercise, you can cut down on the time sitting. Notice the tips about getting active in the office and put them in practice, and enjoy the goodness of being active. "Walk" away from the evil of sitting all day!