OU Wellness Lunch & Learn:
“Move a Little, Gain a Lot!”

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Today’s Agenda

- Introductory Activity
- Sedentary Behavior – The “Bad News”
- How Must Sitting is Too Much?
- Sedentary Behavior – The “Good News”
- Strategies to Reduce Sedentary Time
- Apps to Help You Get Moving
- Practice Activity – Get Moving
- Q & A Session
Quick Activity – What is my daily activity level?

• Use the handout to write in your current activity during a typical 24-hour period on a workday
  • Use the “actual time” column on the worksheet

• Activities to include:
  • Planned Exercise (i.e., running, weights, going to gym)
  • Light physical activity (i.e., walking or playing with kids)
  • Standing (> 5 minute periods)
  • Sitting
  • Sleeping
Activity Reflection

• Look at the typical time period(s) when you’re at work:
  – What is your activity during that time?
  – Identify time slots where this activity could be altered

• Keep this worksheet handy, we will reference it again later in the presentation
Sedentary Behavior – The "Bad News"

• 12 hours → time an average person spends sitting per day

• "Sitting disease" is the term used to define the negative effects we experience from having an overly sedentary lifestyle

• Common sedentary behavior activities:
  • TV viewing, computer use (screen time), driving, reading
How much sitting is too much?

• There are no federal guidelines or specific recommendations for sedentary behavior

• Researchers suggest these cut points for risk for “sitting disease”:
  – **LOW** risk $\rightarrow$ sitting less than 4 hours per day
  – **MEDIUM** risk $\rightarrow$ sitting 4 to 8 hours per day
  – **HIGH** risk $\rightarrow$ sitting 8 to 11 hours per day
  – **VERY HIGH** risk $\rightarrow$ sitting more than 11 hours per day
"Active Couch Potato"

15 HOURS
TOTAL SITTING TIME

Drive to work (1 hour)
Work on computer (4 hours)
Eat lunch (30 minutes)
Work on computer (4 hours)
Drive home (1 hour)
Strength training (30 minutes)
Eat dinner (30 minutes)
Watch TV/read (4 hours)
Bedtime
Brisk walk (30 minutes)
Did you know?

- Adults who meet exercise guidelines, may still sit for long periods of time and need to move more throughout the day.

- No matter what your total sitting time is, regular interruptions from sitting (even as little as standing up) may help to reduce your risk factors for developing heart disease and diabetes.

- Low intensity, ‘non-exercise’ activities (standing and walking) are much more important than most realize.
  
  - Standing 3 hours more per day can burn up to 30,000 extra calories per year
The “Good News”

• Making the sit-to-stand switch during the workday can help to:
  – Support bone health
  – Enhance your brain power
  – Burn more calories
  – Reduce risk of chronic disease
  – Increase circulation
  – Increase energy
  – Increase focus and productivity
  – Boost metabolism
  – Improve mood
  – Improve posture
The “Good News”

• Calculate your calorie burn at work
  – 150 pound employee working 8-hours per day:
    • Burns **900 calories** during the workday while **sitting**
    • Burns **1200 calories** during the workday while **standing**
    • Replacing sitting with standing can **increase calorie burn PER DAY by 300 calories** (1,500 calories/week)

http://www.juststand.org/the-tools/#calorie-burn-calculator
What should you do?

• In addition to your regular exercise, you should:
  – Aim to **reduce your sitting time** throughout the day
  
  – **Break up long periods** of sitting time with standing or light activity
  
  – Try not to sit for **longer than 30 minutes** at a time
Why Standing Matters – Take a Stand at Work

• Here’s a quick video from “The Movement Mindset”

• [https://www.youtube.com/watch?v=KzpOVdJML90](https://www.youtube.com/watch?v=KzpOVdJML90)
Strategies to Reduce Workplace Sitting Time

• Switch between sitting and standing every 30 minutes

• Stand up when someone comes into your office

• Host a standing meeting

• Host a walking meeting

• Incorporate stretching exercises

• Use a standing desk

• Eat lunch away from your desk
Strategies to Reduce Workplace Sitting Time

- Take sitting breaks during long meetings
- Use the stairs in your building
- Stand when making phone calls
- Walk to a colleague’s desk instead of emailing
- Drink more water – walk to fill up your cup
- Move trash bin/printer so you have to move to use them
- Stand at the back of a room during a presentation
Tools to Help You Sit Less and Move More

• **Move** - Daily Activity App (iPhone)
  – Sends reminders to get up and move
  – Offers exercise suggestions
Tools to Help You Sit Less and Move More

• **Stand Up!** The Work Break Timer – Break Reminder App (iPhone/Android)
  – Sends reminders to take breaks
  – Customizable
Tools to Help You Sit Less and Move More

• **Computer Applications**
  - Desktop applications that interrupt work to remind you to stand up
  - Ex. Time Out in the Mac App store
Tools to Help You Sit Less and Move More

- **Wearable Technology**
  - Apple Watch
  - FitBit
  - Garmin
  - Other devices
Exercises to Boost your Standing Breaks!

• **Wellness Council of America (WELCOA)’s Simple Office Moves**

• Get Up! – Let’s practice these 8 moves together

• [https://www.youtube.com/playlist?list=PLv2Nnlu2uCIinnAT_Z4pHocqZ-c6uiwuE](https://www.youtube.com/playlist?list=PLv2Nnlu2uCIinnAT_Z4pHocqZ-c6uiwuE)
Desk Exercises

- Air Boxing
- Desk/Wall Push-Up
- Jump Rope

- Chair Squat
- Lateral Leg Raise
- Walking/Standing Lunges
Concluding Activity – Planning Ahead

• Revisit your worksheet from the beginning of the session

• Find the places you circled where you could modify your behavior

• In the second column create an activity plan to attempt to reduce your sitting time