

VICHEALTH WORKPLACE HEALTH PROMOTION FORUM 23 MARCH 2016



an initiative of  **BLUEARTH**

PLEASE FEEL FREE TO

sit

STAND

walk

stretch

BUST A GOOD MOVE AT WORK!



GOOD

30 mins of physical activity a day.

BETTER

Standing up after long periods of sitting.
every 30 mins

+
30 mins of physical activity a day.

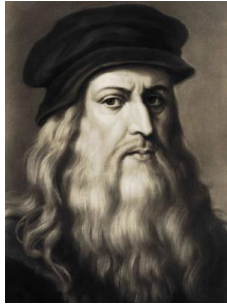
BEST!

Moving regularly during the day.
(walking meetings, standing, stretching)

+
Standing up after long periods of sitting.
every 30 mins

+
30 mins of physical activity a day.

WHAT DO THESE PEOPLE HAVE IN COMMON



**LEONARDO
DA VINCI**



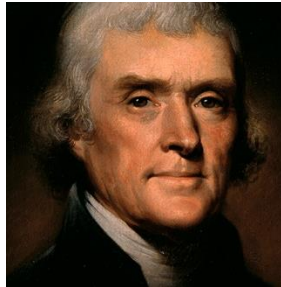
**WINSTON
CHURCHILL**



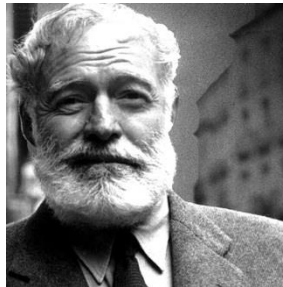
**CHARLES
DICKENS**



**NAPOLEON
BONAPARTE**



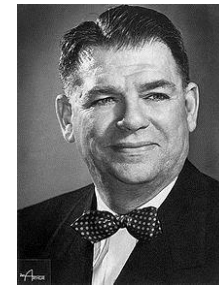
**THOMAS
JEFFERSON**



**ERNEST
HEMINGWAY**



**VIRGINIA
WOOLF**



**OSCAR
HAMMERSTEIN**

MMSL RESEARCH

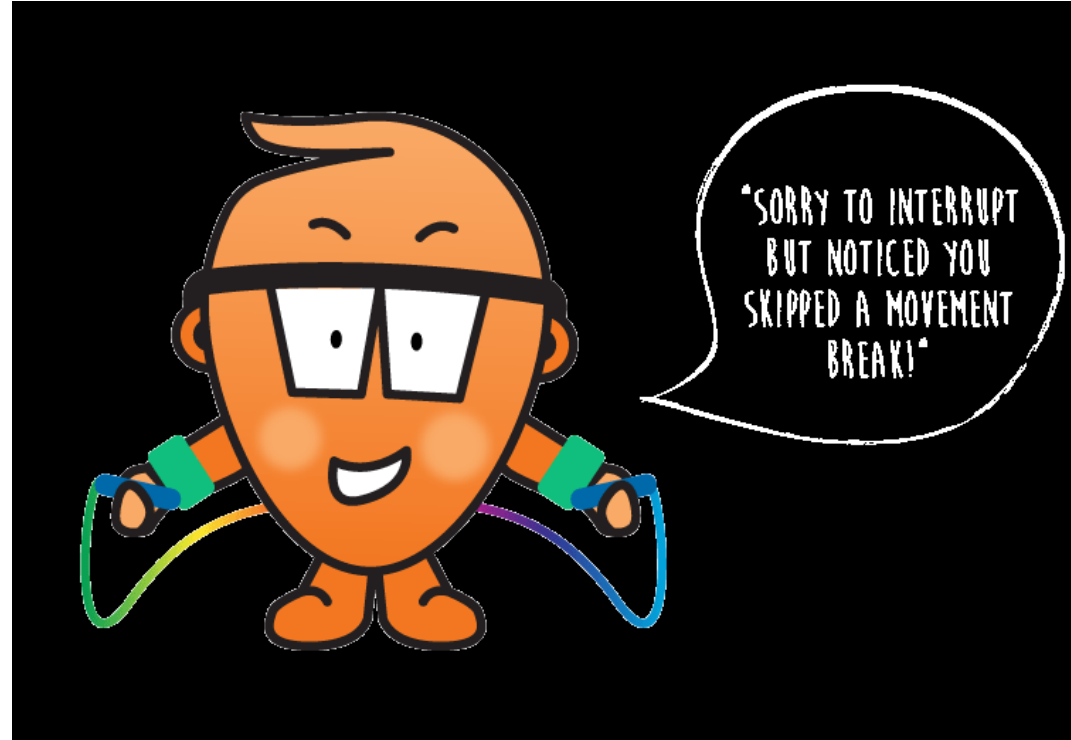
UNDERSTANDING ATTITUDES AND FEELINGS

DEVELOPING STRATEGIES

Focus groups with
survey respondents

Key characteristics:

- informative, use to convince others
- fun
- focussed on cultural change
- small steps, achievable
- addresses the myths



BUILDING AWARENESS



2 out of 3 of people sit for longer than they thought each day

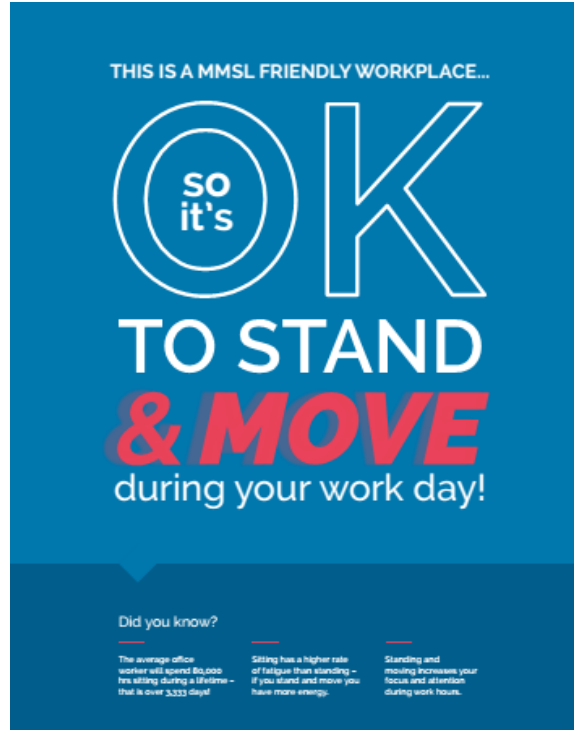
ONLINE TIPS AND TOOLS

– MORE THAN JUST ABOUT FURNITURE



**MOVING
MORE**
gives you more
energy
— and —
**PRODUCTIVITY
IN YOUR DAY**

TIP: Sitting has a higher rate of fatigue than standing - if you stand and move you have more energy.



THIS IS A MMSL FRIENDLY WORKPLACE...

so
it's

OK

**TO STAND
& MOVE**
during your work day!

Did you know?

The average office worker will spend 50,000 hrs sitting during a lifetime - that is over 3,333 days!

Sitting has a higher rate of fatigue than standing - if you stand and move you have more energy.

Standing and moving increases your focus and attention during work hours.



**YOU CAN'T
CLIMB THE
CORPORATE
LADDER
SITTING
DOWN!**

TIP: Standing and moving increases your focus and attention during work hours.

Two thirds of people think 30 minutes of exercise a day is enough to keep you healthy even if you sit for long periods throughout your day.

Have you got a MMSL culture at your workplace?

Do senior management lead by example?

Is sedentary behaviour a standing item on your WHS committee

Do all meetings start with an invitation to stand

Are staff encouraged to wear clothes/footwear that supports active living



SOMETIMES WE ALL NEED A 'NUDGE'!

The PLEDGE – getting support from the top



As a Move More Sit Less (MMSL) organisation,

.....
is committed to creating a healthy workplace culture that encourages every staff member to move more and sit less.

We recognise the value of moving more and sitting less and will lead by example from our Executive team right across the organisation.

As a Move More Sit Less organisation, we commit to:

Publicly promoting ourselves as MMSL workplace.

Building a workplace culture and environment that values and encourages moving more and sitting less.

Sharing our learnings and success stories.

Signed
Name
Title
Date

KEEPING THE CONTENT FRESH



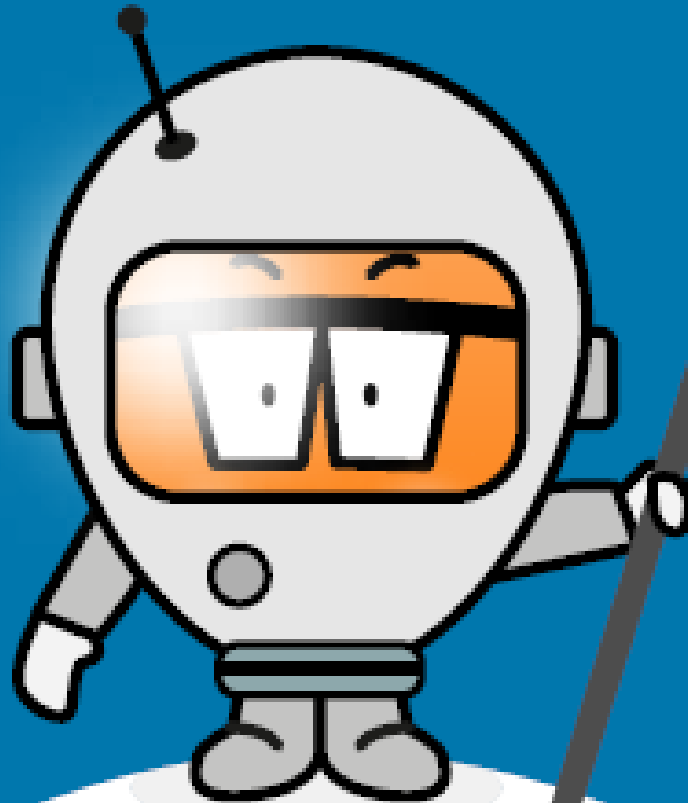


**JOIN THE
MOVEMENT!**

www.movemoresitless.org.au



Thank you, please stand and give yourselves a standing ovation – you just “nudged” your body to better health.



One more step
for man, one
giant move for
mankind!



an initiative of  **BLUEARTH**

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