

By the Numbers: Physical Inactivity

Want energized, more productive employees? Help them get moving!

Being active throughout the day or at work is essential to physical, mental and emotional health, not to mention our ability to be our best in all aspects of life. Employers can help workers become more active by understanding the following points, which can be found in the HERO publication, *Not moving at work: A crisis for workforce performance and productivity*.

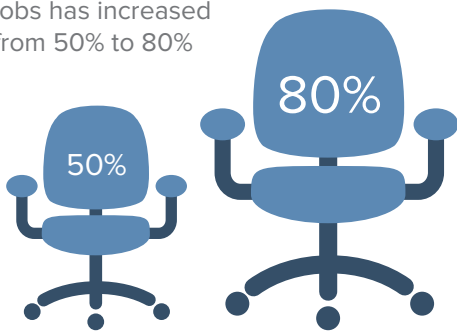
Visit www.HERO-health.org to download a copy.

At work and home, we move less



The average American spends about **10 hours** a day sitting

In the last 5 decades, the number of sedentary jobs has increased from 50% to 80%



Why movement at work matters



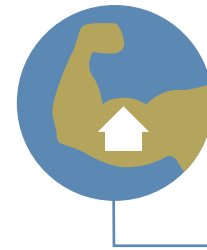
After 30 minutes of being still, the body's ability to metabolize fat is impaired

Being still causes the brain to fall into a "slumbering" state, diminishing processing speed, ability to learn and short-term memory



Think clearer, get stronger

When the body starts moving, the brain lights up in almost all areas, resulting in improved cognition, creativity and problem solving



Employees who go from sitting to standing to walking throughout the day have more energy and less muscle fatigue.

What employers can do to help employees move more

Policies

Structure policies that support movement, like walking meetings and flexible scheduling



People

Recruit and train leaders who model movement at work



Place

Design your physical work environment to encourage movement



Permission

Give employees permission to move while working, whether it's through standing, walking meetings or stretch breaks, and allow time for physical activity breaks.