



Resources to Support Movement at Work



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Johnson & Johnson Human Performance Institute White Papers

A collection of white papers, article reprints, and informational documents on HPI's work including why incorporating movement into the work day is critical for business success, some models for how to develop "organizations in motion", and results from pilot programs.

More information: www.hpoinstitute.com/research-press/research-and-white-papers

JustStand.org

A repository of facts, research, products, and tools to build awareness and to promote more standing and movement during the workday. The Facts page provides numerous quick stats on the health effects associated with prolonged sitting and the benefits of sit-stand computing. The Research page (research.juststand.org) offers a high level of summary of published research studies on interventions designed to increase standing and movement at the workplace. Tools include calculators to estimate amount of standing or sitting time during working hours and an ergonomic planner for sitting or standing postures. There is also a social component for networking and community building.

More information: www.juststand.org

National Coalition for Promoting Physical Activity

NCPPA's aims to inspire and empower all Americans to lead more physically active lifestyles through promoting policy, environmental, and programmatic approaches. The website includes an overview of physical activity legislation and sponsors the *CEO Pledge for Physical Activity* to promote physical activity at the workplace. A resources and reports page provides links to numerous fact sheets; research and reports; as well as resources and tools on promoting physical activity.

More information: www.ncppa.org

National Physical Activity Plan

The National Physical Activity Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The website includes recommendations for eight sectors including business and industry.

More information: <http://www.physicalactivityplan.org>

Partnership for Prevention

Partnership for Prevention provides a guide titled *Investing in Health: Proven Health Promotion Practices for Workplaces*. It focuses on tobacco control, cancer screening and early detection and physical activity and nutrition. It includes general information on each of these as well as additional resources and ways to enact change in your workplace.

More Information: <http://www.prevent.org/data/files/initiatives/investinginhealth.pdf>

Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities

This *Call to Action* promotes walking as an essential health behavior to sustain good health and prevent the development of chronic conditions. The full report addresses why a focus on walking is important, the barriers many Americans encounter within their community to getting recommended levels of physical activity, and strategies that all stakeholders within a community can take to promote walking. This includes a specific section for worksites.

More information: <http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/call-to-action-walking-and-walkable-communities.pdf>

Ted Ed Video on “Why Sitting is Bad”

An educational 5-minute video lesson on the dangers associated with sitting for long periods of time. Links to multiple choice questions allow the viewer to self-assess their comprehension of the content and links to additional resources to dig deeper into the topic.

More information: <http://ed.ted.com/lessons/why-sitting-is-bad-for-you-murat-dalkilinc>

WELCOA On the Move Initiative

A suite of products and services that help individuals, organizations, and communities to address physical inactivity in America. The initiative includes the *On the Move Training Academy* and the *On the Move Company Challenge*.

More information: <http://onthemove.welcoa.org>