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.

**Collaboration Spaces**
Treadmill Desks
Standing Desks
Centralized Copiers & Printers
Laptop Bars
Collaboration Spaces

**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.

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