

The Active Office

Keeping You Healthy & Productive



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**Sitting is the
new smoking.**



Source: <http://www.purehealthcare.co.nz/Resources/UsefulArticles/tabid/5703/ArticleID/1197/SITTING-IS-THE-NEW-SMOKING.aspx>



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Trending: the discussion on how bad our sedentary life is.

Bloomberg Businessweek

Monday April 26, 2010

CHAIRS April 29, 2010, 5:00PM EST

Your Office Chair Is Killing You

Meet public enemy No. 1 in today's workplace



Artikel drucken Bilder ausblenden

WELT ONLINE

KÖRPERHALTUNG

15.07.2011 | Autor: Jörg Zittau

Wer viel sitzt, riskiert den frühen Herztod

Langes Verharren auf Stuhl und Sessel schadet: Der Blutzucker steigt, gutes HDL-Cholesterin sinkt. Vielsitzer riskieren einen frühen Herztod.



Sitzen, immer nur sitzen. Das ist gar nicht gut - und kann fatale Folgen haben

HOW SITTING WRECKS YOUR BODY

- As Soon As You Sit:**
 - Electrical activity in the leg muscles **shuts off**
 - Calorie burning drops to **1 per minute**
 - Enzymes that help break down fat drop **90%**
- After 2 Hours:**
 - Good cholesterol drops **20%**
- After 24 Hours:**
 - Insulin effectiveness drops **24%** and risk of diabetes rises

People with **sitting jobs** have **twice the rate** of cardiovascular disease as people with standing jobs.



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But reality bites: open-space and long working-hours



Source: Employees at the American company Bloomberg at their open space headquarter in New York



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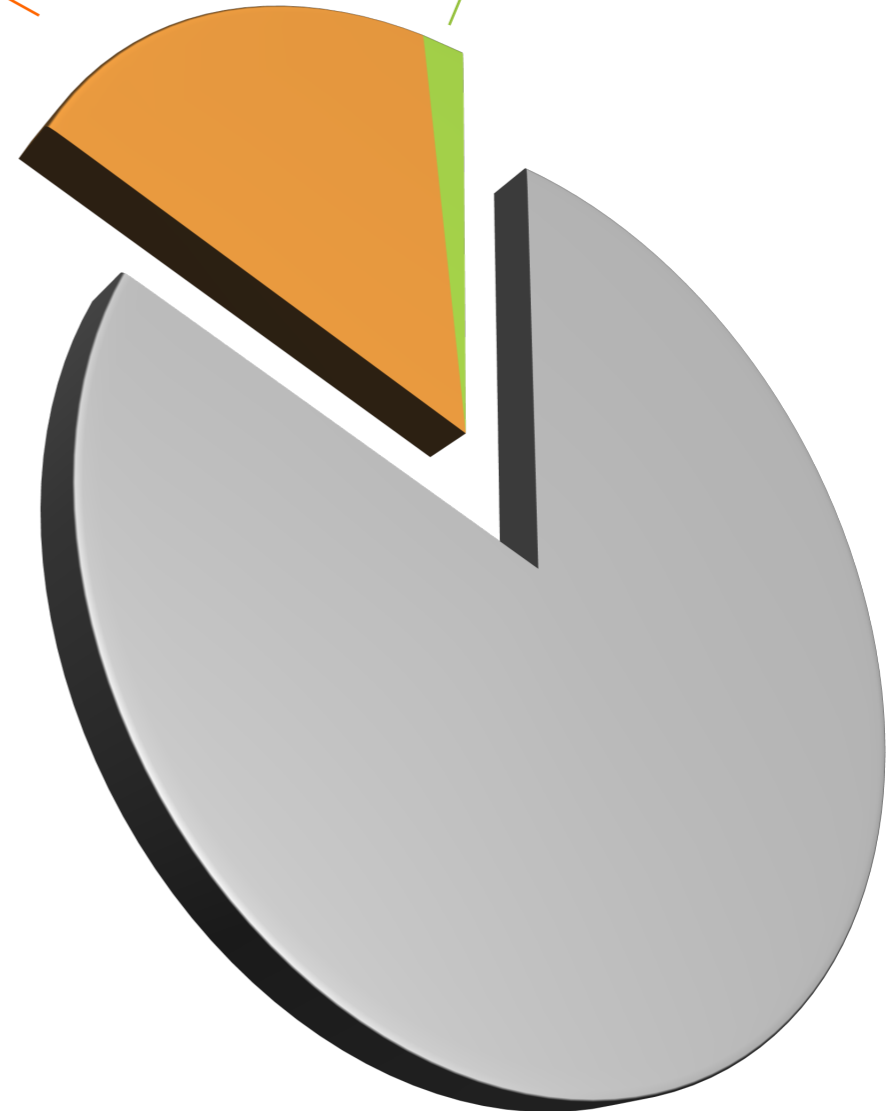
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Which leads to... Until now.. no big changes in the type of seating specified.



- Conventional
- Hi-End Design (Vitra e.g.)
- "Health" Chairs



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There is a game changer

Dynamic, Active seating -
100% motion

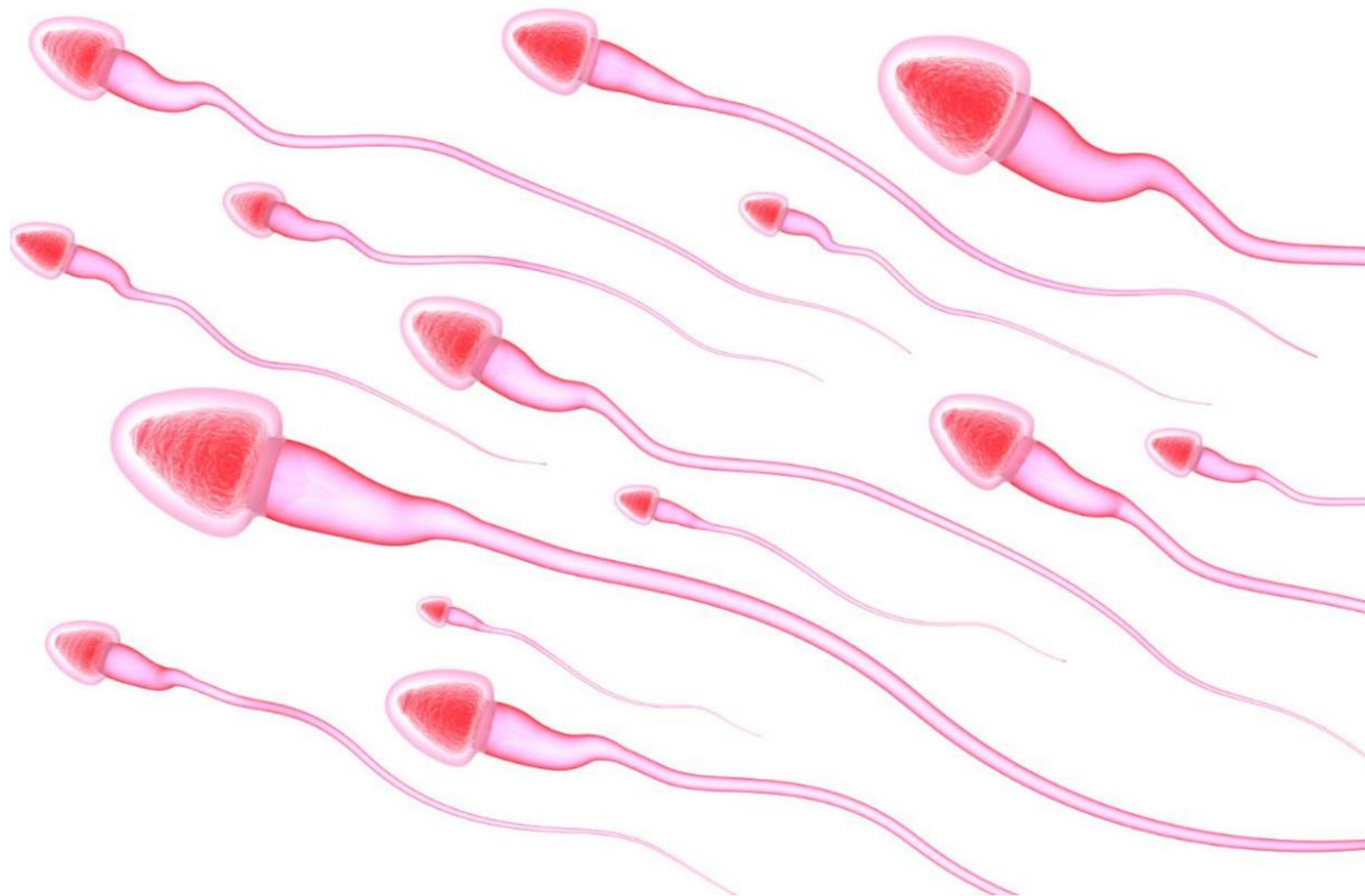


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Why motion? Because life is motion. Right from the start.



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But .. we start living a sedentary life early.



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... and we stick to it.



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... Because it is dominant in our modern daily routine



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Which messes with an important part of our genetic code.



Source: <http://www.zeitraffer.ch/10000-bc>

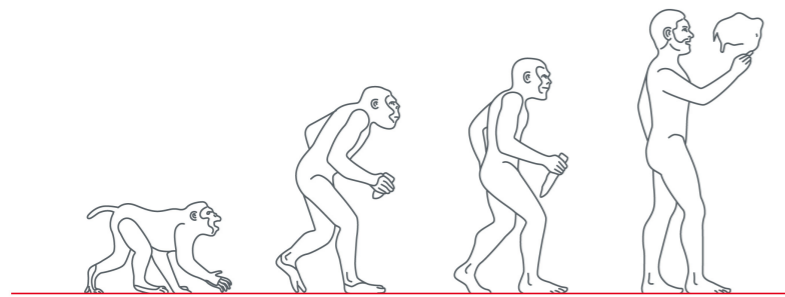


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We are made to move. But we don't. And evolution works slow.



millions of years



for the last 60 years

Source: wdrblog.de/Neandertaler/dpa



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So.. we have the bodies of our ancestors...



Source: <https://www.planet-schule.de/typo3temp/pics/6c8a3effe7.jpg>



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....and ruin them by working so to speak in “open-space”

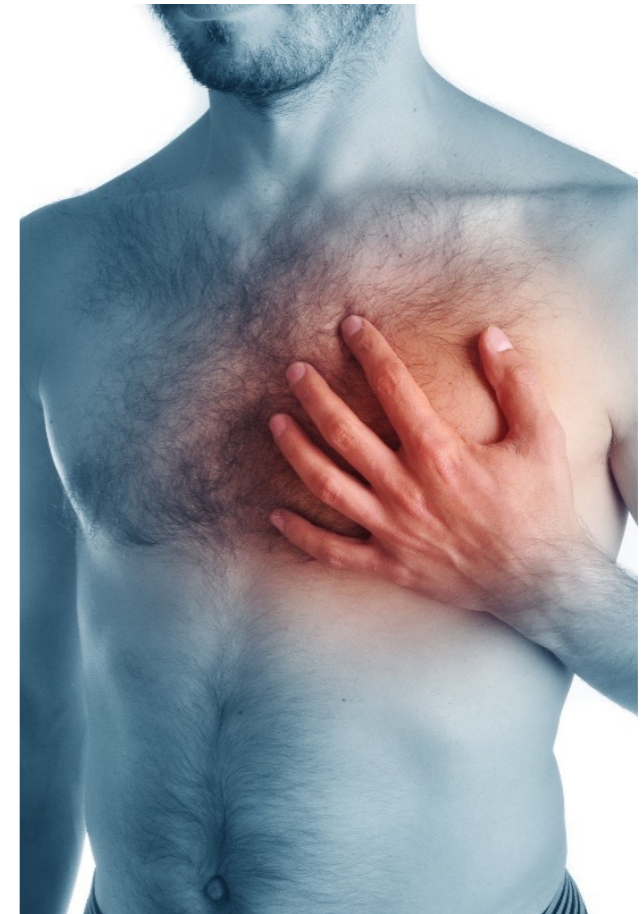


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Which leads to significant health problems.

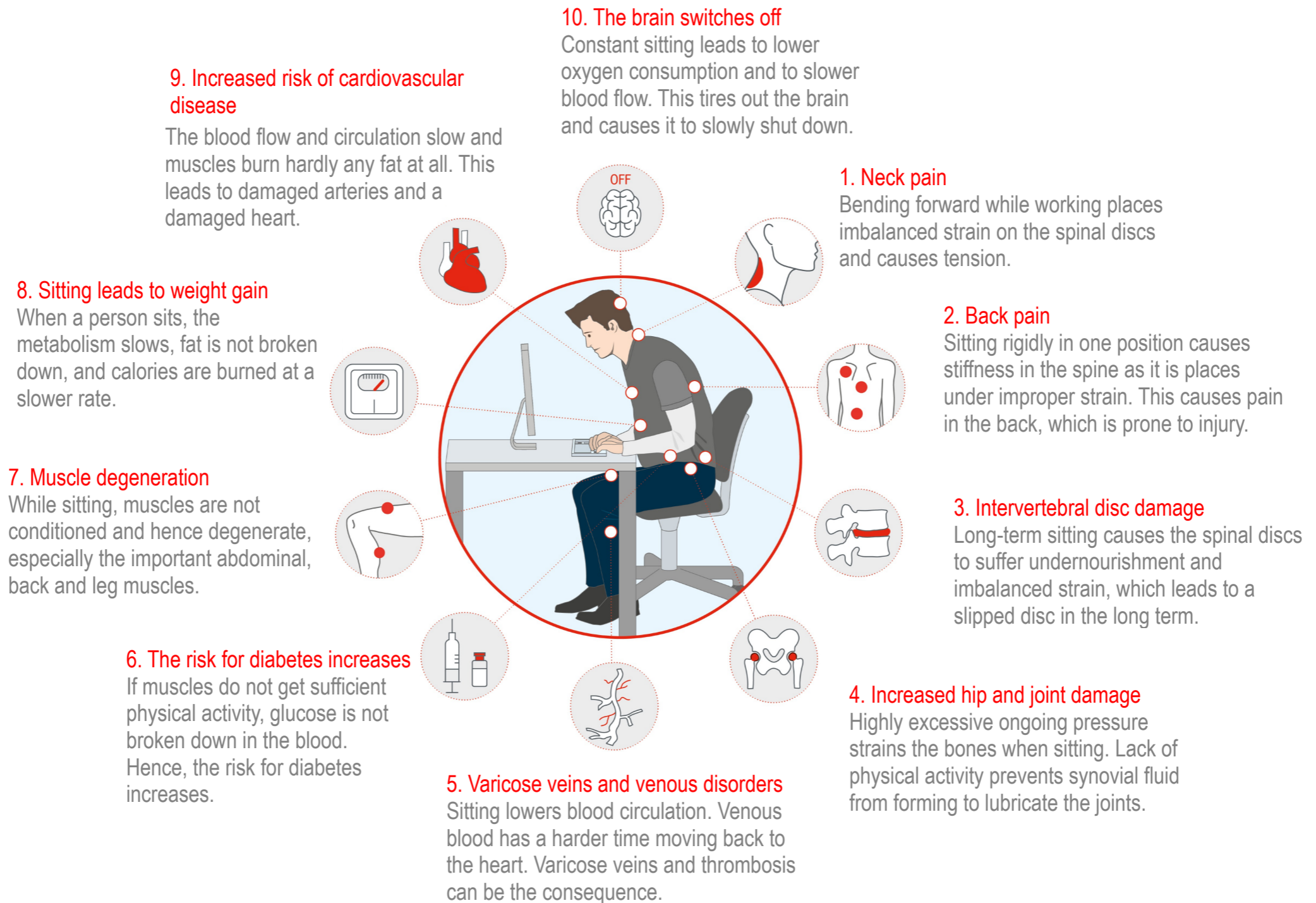


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....this is what can happen when you sit for hours



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So what now?



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Comfort and ergonomics are good, right?

So a chair should be “ergonomic”, have armrests, backrest etc?

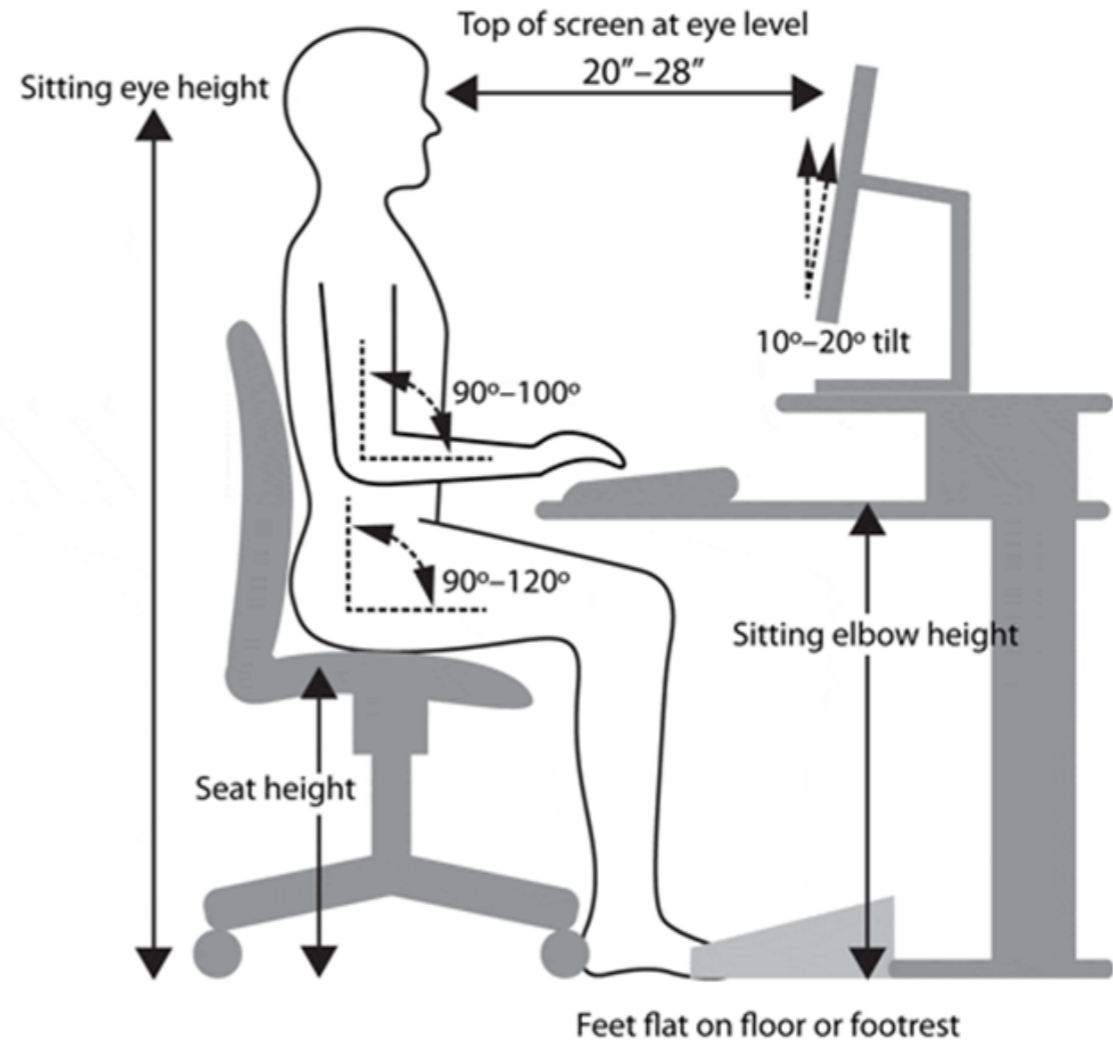


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Here you go: no motion. Its not helping...



Source: Please Bürostuhl von Steelcase: www.steelcase.com



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Despite “ergonomic boom”, the outcome is terrible.



→ **80%** of office employees suffer from back pain.

→ Every **third** sick leave and every **second** early retirement application is due to back problems.

→ Average age for patients with a slipped disk: approx. **40** years.

Source: Knieps, F & Pfaff, H. „Langzeiterkrankungen“, BKK Gesundheitsreport 2015; Prof. Dr. Dietrich Grönemeyer, Mein Rückenbuch, Verlag Zabert Sandmann, 2004



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So maybe “health chairs”? No. No, please don't.



Source: Please Bürostuhl von Steelcase: www.steelcase.com

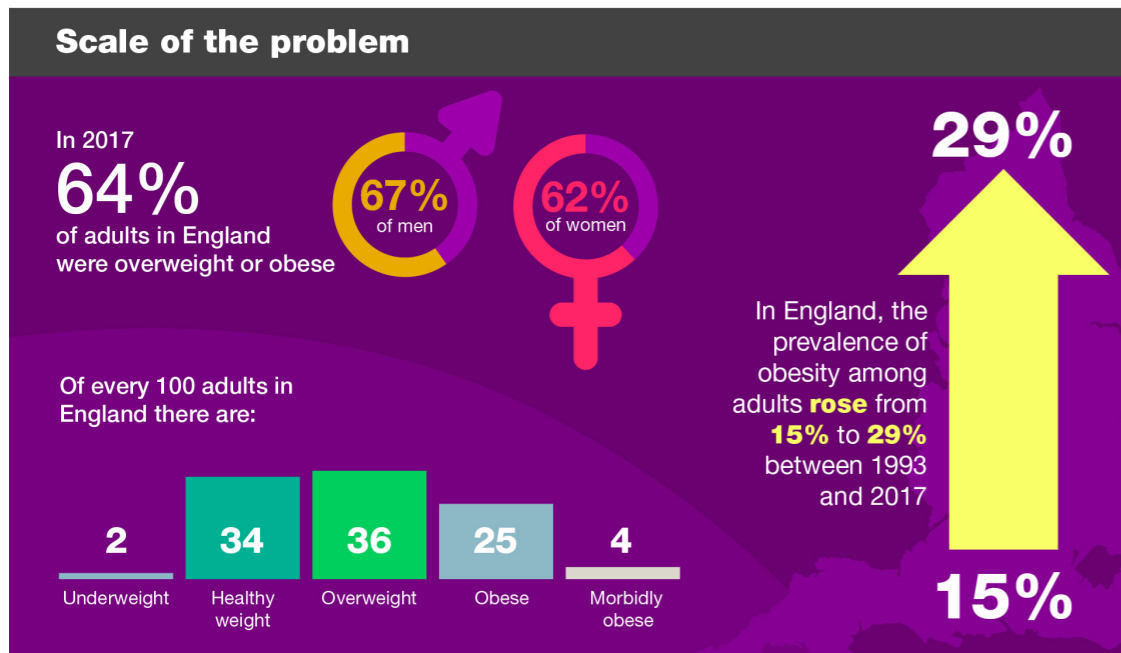


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Why we are here today - Something has to change...



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We have to be more Active, Move more.....simples



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Easier said than done...



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You can lead a horse to water....



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We need to encourage....a new way of thinking



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3D Ergonomics - 6 good reasons



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THE trend: height-adjustable tables - mostly no return on investment.



Most of the time, they are not adjusted.



Standing is uncomfortable and in the long run, it is as bad as sitting.



If they are used, the whole area “in between” is not used.

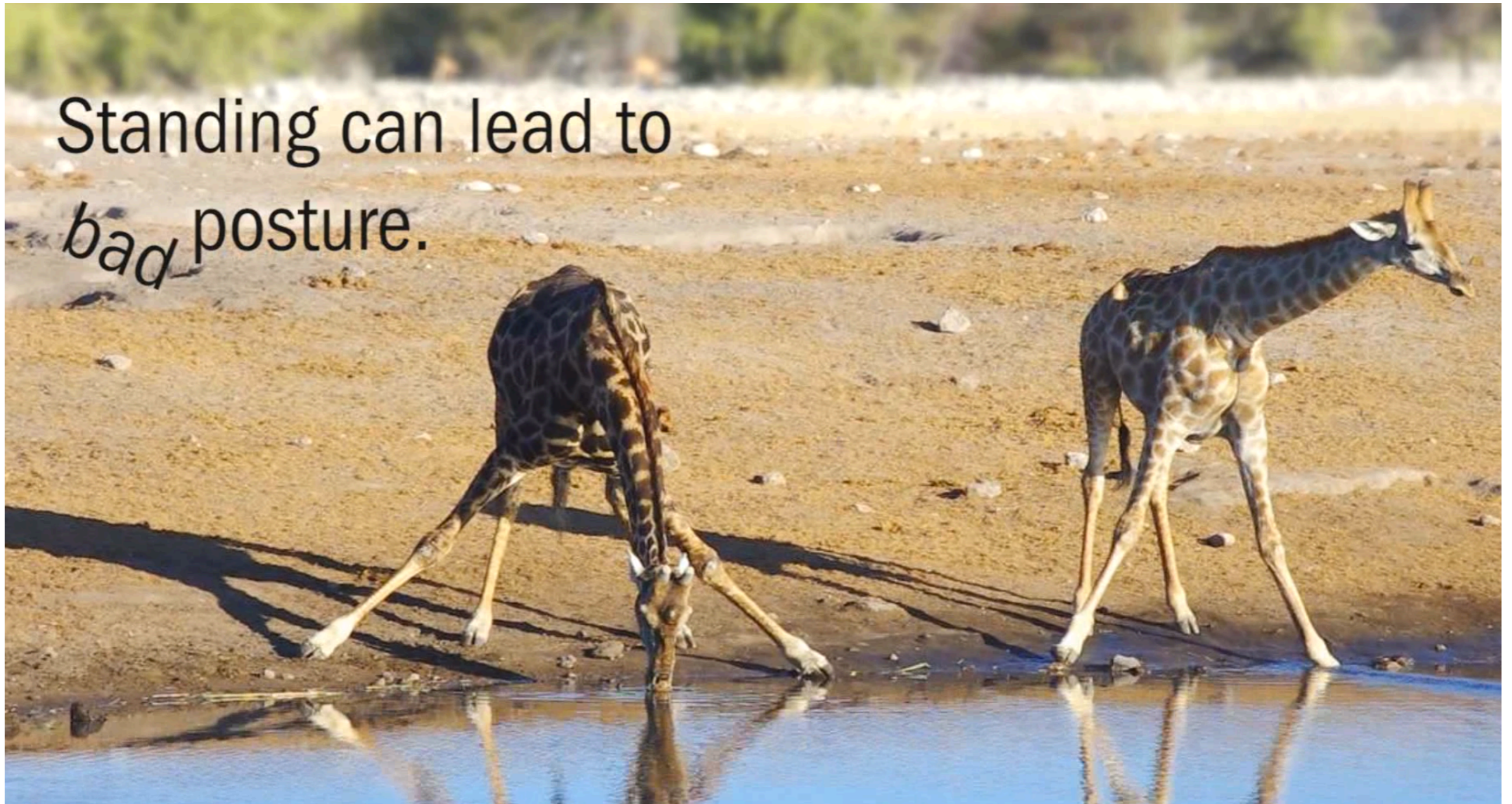


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Standing can lead to
bad posture.



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Solution: active standing and sitting at all heights!

1. Get a return on invest out of height-adjustable tables!



2. Ergonomic and moving: at all work heights!



The motion benefits of standing combined with the comfort of sitting.



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Sit or stand? Both!



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Just Stand - Introducing Active Standing

Relaxes your legs



Reduces tiredness



Trains your muscles



Stimulates the sensory system



aeris® muvmat



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“Sit less—move more and more often”: all physical activity is beneficial for longevity

The British Medical Journal

BMJ 2019; 366 doi: <https://doi.org/10.1136/bmj.l5051> (Published 21 August 2019)

Cite this as: *BMJ* 2019;366:l5051



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Bernardino Ramazzini 1700 AD
Italian physician & philosopher

"...those who sit at their work and are therefore called 'chair workers,' such as cobblers and tailors, suffer from their own particular diseases ...these workers... suffer from general ill-health and an excessive accumulation of unwholesome tumours caused by their sedentary life ..."



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10 Steps to take away with you...

1. Don't spend too much time sitting.
2. When you do sit, sit properly.
3. Don't sit still.
4. Stand instead of sit.
5. Better yet, walk.
6. Stretch.
7. Go for a walk during breaks - Take your breaks
8. Don't keep food at your desk.
9. Bring your lunch from home.
10. Take your good habits home with you.



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Thank You

Keep Active - Keep Healthy

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