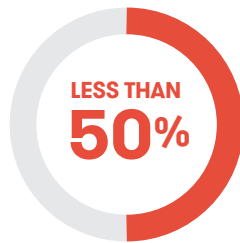


# How much is too much sitting costing you and your employer?

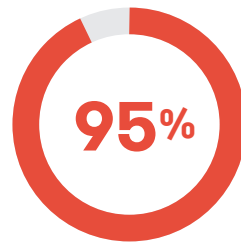
## Our modern lifestyles mean we are now sitting more than ever



of the workday is spent sitting



of the day spent sitting is what research tells us we should be aiming for



of workers want to sit less

## The hazards of too much sitting

When we sit too much, our blood flows slower, our muscles burn less fat, metabolism winds down, and our brain function slows, leading to serious short and long term impacts



higher rates of neck pain with prolonged sitting



increased risk of depression



increased risk of chronic illness including diabetes, heart disease, some cancers

Work-related injury & illness costs Australian workplaces



**\$60 BILLION EACH YEAR**

Musculoskeletal disorders account for well over half



**9x MORE SICK DAYS**

in workers with chronic conditions or injury



The cost of absenteeism to Australian workplaces is

**\$7 BILLION**

## The solution is simple:

**BeUpstanding™**

**beupstanding.com.au**

BeUpstanding is an evidence-based workplace health program based on over 10 years of research into what works to reduce sitting time and increase movement in today's working environments. The results speak for themselves.

- ✓ 92% staff satisfaction with BeUpstanding
- ✓ 37% of staff reported less musculoskeletal complaints
- ✓ 33 min/day average reduction in sitting time at work
- ✓ 23% reported improvements in job performance
- ✓ 39% of staff felt less stressed
- ✓ 54% reported less sick days
- ✓ 36% reported being more creative
- ✓ 23% felt more energetic

**Join BeUpstanding for a happier, healthier workforce**