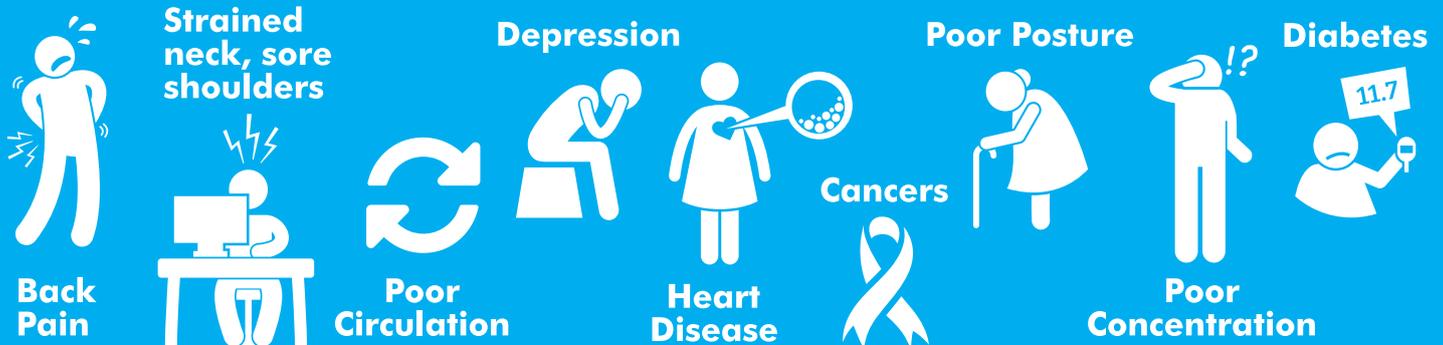


People are sitting more and more, especially at work.

77% of the work day is spent sitting

What is the problem with sitting?

High levels of sitting impact on employee's health...



...but it can also impact on productivity and can be costly to the employers as presenteeism and absenteeism cost the UK over £30 billion every year

Presenteeism
£21.2 billion

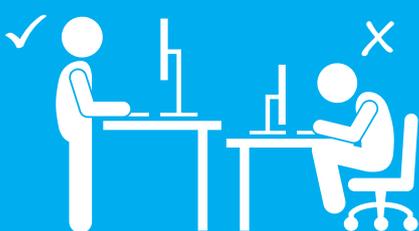
Absenteeism
£10.6 billion

Enter...



...a workplace intervention including height adjustable desks, education, posters, leaflets, goal setting and action planning diaries, coaching sessions, feedback on behaviour and health

Results...



Reduced sitting time and increased standing time in office workers



87% of office workers feeling more energised

53% felt more engaged at work

43% felt that their performance at work improved



50% having less pain from lower back, neck & shoulder issues



65% felt that their overall quality of life had improved