

Health Facts



Prolonged sitting damages your spinal health

- **Stress on the discs** between the vertebrae
- **Reduced structure and stability** of the spine
- **Reduced function** of the spine
- Increased **inflammation**, leading to **pain and early**

degeneration of the spine [S12, S10]

It's even been shown that after **sitting in a slouched position for as little as 5 minutes** it can be **difficult to reposition the lower spine** in a correct, neutral position [S12]

The extended sitting habits of office workers can result in a 1 in 2 chance of neck pain.¹¹

Prolonged sitting alters the shape and function of your body

- Body **slows down** its **processing of fats**
- **S curve** in back **deteriorates**
- Weight **pressure** on back **increases**
- Leg and backside **muscles weaken** Sitting down for prolonged periods without a break can slow the body's processing of fats, glucose and other substances, which **increases the risk of developing chronic disease – even when you meet recommended physical activity levels** [S1, S18]



Prolonged sitting increases risks of disease and death



- **Every hour** spent watching television (sitting) increases the risk of death from chronic disease by 11% [S1, S3, S17]
- A recent study in WA found that an office desk job can double your risk of bowel cancer [S7].
- The conclusion reached by a number of studies is that sitting too much can shave a few years off your life [S6, S13, S16]

How Do I Sit Right?

There's two simple ways you can Sit Right.



1. Sit less We can improve our health simply by standing up and moving around more. [S1, S6]

For example the average 'standing' worker (eg. behind a counter) burns about 1,500 calories compared with a desk-bound office worker that might burn 1,000 calories. [S6]

A. Why not **try standing whenever you're on the phone** as a way to break up your sitting time?

B. Consider **introducing 'walking meetings' into your workplace**. Try walking around



the block instead of catching up with small groups in the Boardroom.
 C. Factor in a little of these two types of activity into your life every day...

On Your Feet time	Regular Physical Activity
Short regular breaks from sitting time for: <ul style="list-style-type: none"> • Stretching or Standing • Walking around the office • Changing/correcting posture • Jumping or shaking to loosen the body 	Choose activity that's appropriate for you. This might include: <ul style="list-style-type: none"> • Walking or Jogging • Exercise or dance classes • Playing sports

Download our free Sit Right widget to your desktop, to help prompt you to take regular breaks from sitting.

2. Sit Correctly

Follow our Sit Right Checklist to keep your posture correct while you sit.

Your seat...

- Hips, elbows and knees should be at open angles (slightly more than 90 degrees). [S14]
- Recline slightly to ease lower back pressure. [S15]
- Thighs parallel to floor.
- Ensure feet are flat on floor (or use footrest).
- Sit about one arms-length from the monitor.

Your monitor...

- Position centre of screen at eye level – tilt the monitor upwards slightly.

Your mouse/keyboard...

- Keep wrists in neutral position, not bent up or down.
- Only use wrist rests while resting, not when typing.
- Keep alphabetical section of keyboard centred to you.

SIT RIGHT CHECKLIST

Your seat...

- Hips, elbows and knees should be at open angles (slightly more than 90 degrees)¹⁴
- Recline slightly to ease lower back pressure¹⁵
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Your mouse/keyboard...

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And take regular breaks!

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