

Dynamic working: break your sedentary habits and notice the difference

*stand up for a short
time every 30 minutes*



More than half of Belgian adults spend over 8 hours a day seated*. Dynamic working breaks through those sedentary habits, boosting physical and mental health. In addition, dynamic working can be done anywhere, both in the workplace and at home.

*56.1%, survey by Sciensano among over 40,000 Belgian adults in April 2020.

Why dynamic working?



Sitting down too much or for too long isn't healthy

- ⊗ Eye fatigue
- ⊗ Lower mental well-being
- ⊗ More muscle and joint complaints
- ⊗ A higher BMI and risk of type 2 diabetes
- ⊗ A higher risk of cardiovascular disease
- ⊗ Increased risk of bowel, uterine, and lung cancer



Dynamic working stimulates your well-being

- ✓ More energy
- ✓ Better concentration
- ✓ Faster fat burning
- ✓ Stronger muscles
- ✓ Less back pain



8 tips for dynamic working

- 1 **Put office supplies further away** (dustbin, coffee pot, printer, etc.), so you have to stand up regularly.
- 2 **Stand up and walk around while making a phone call.** If necessary, put your phone further away so that you have to stand up to answer a call.
- 3 **Get up during your break:** open a window, get a healthy snack, fill up your water bottle, water your plants, load the dishwasher, etc.
- 4 **Move your laptop to a higher point:** put it on a high table, cupboard, or an adjustable desk, allowing you to work while standing up.
- 5 Do you have a live or virtual meeting? **Hold it standing** or add in a break to stand up halfway through the meeting.
- 6 **Install pause software** or let your smartwatch remind you to stand up regularly.
- 7 At the office? **Limit the emails and go talk to your colleagues.**
- 8 **Stand up briefly every half hour.** A few minutes is enough.