

Active Movement at home

For many, working at home will be a very different experience. Making your home your office means not having to move around to complete daily tasks, meet colleagues or visit other locations. Yet staying indoors for a while does not mean you cannot be active. For Active Movement, that means standing and moving more but sitting less. So why not make your home an Active Movement office?

Why Active Movement?

After 20 minutes sitting your body begins to shut down in lots of different ways
This includes increases in visceral fat and blood inflammatory markers, reduction in fat-burning enzymes and muscle wastage below the waist
Standing up after 20 minutes for a couple of minutes stops these effects
Standing and moving reduces heart disease, diabetes, cholesterol and even some cancers
Standing and moving improves creativity, energy levels, productivity and focus
Standing up uses 0.7 calories each minute (which can add up if you stand up all the time!)



ACTIVE MOVEMENT

Create an Active Workplace

Why not change your workstation to stand more?
Place your laptop or computer keyboard on top of a box or upturned washing bowl so you can stand to work
Place your phone out of reach so you have to stand and move to get it
Arrange printing paper, ink, bin etc away from your desk so you have to move more
If you are printing paper, making tea, watching the TV etc, stand up as much as you can
Start slowly – then stand more each day



Making every day office movements

Remember some of the Active Movement you have done so far.

Just sent an email? Stand up.

Making a call? Walk about

Conference call? Walk about

See a clock? Stand every 20 minutes

Got stairs? Climb them every 30 minutes



Active Tidying

Doing things around the home can be very active. Tidying up, washing dishes, making beds, vacuuming are ways of being a bit more active



Active Together

Struggling to get going or be active? Buddy up with friends or colleagues and remind each other each day – or share the exercises below.

Active Exercise – some simple daily movements to try

Sit on an upright chair and then stand and sit down 20 times.

Take one step on a stair or step leading with your left leg 20 times. Then repeat with your right.

Stand with your feet shoulder-wide. Stand on tiptoe, squat down to your heels and stand 15 times.

Walk 200 paces in the house every day (include a walk up the stairs at the same time if you can).

Stand with feet together then lunge forward with right leg bent, left leg straight behind you 20 times. Repeat 20 times with left leg bent, right leg straight.

Hop 15 times on each leg.

Try some seated exercises - www.nhs.uk/live-well/exercise/sitting-exercises



if you're working from home, these are some great tips to build more activity into your day