

Working from home? Stand up for your health.

Tips to help break up sitting time.

Breaking up prolonged sitting is good for our health, especially when our physical activity levels are low. Changes to our working routines can help us form new habits. Below are evidence-based tips on how to refresh your routine, and, if you are able, to stand up for your health when working from home.



Modify your home workstation

- Make a DIY standing desk using a box or books and a plank of wood – keep it safe!
- Work at your kitchen counter for a while.
- Add prompts, like a sticky note on your screen, or a timer on your phone to stand up and move.

Set a goal, monitor & review it

- Set yourself an achievable goal, include how often you will take a standing break, for how long, and what you will do with your break (e.g take a standing break every 30 minutes and move around for 2 minutes).
- Review your goal. Did you hit your target? If not, what stopped you and what changes can you make to succeed?

Problem Solve

- Identify your triggers for sitting (E.g do you always sit down when on the phone?).
- Plan ways to overcome the trigger (E.g stand when taking calls).

Stand Together

- Talk about taking standing breaks or making a standing desk with your colleagues.
- Share pictures of your standing desk solutions. #sitstandguernsey
- Arrange to have standing phone calls/video calls.

