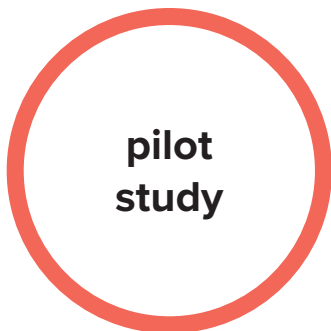
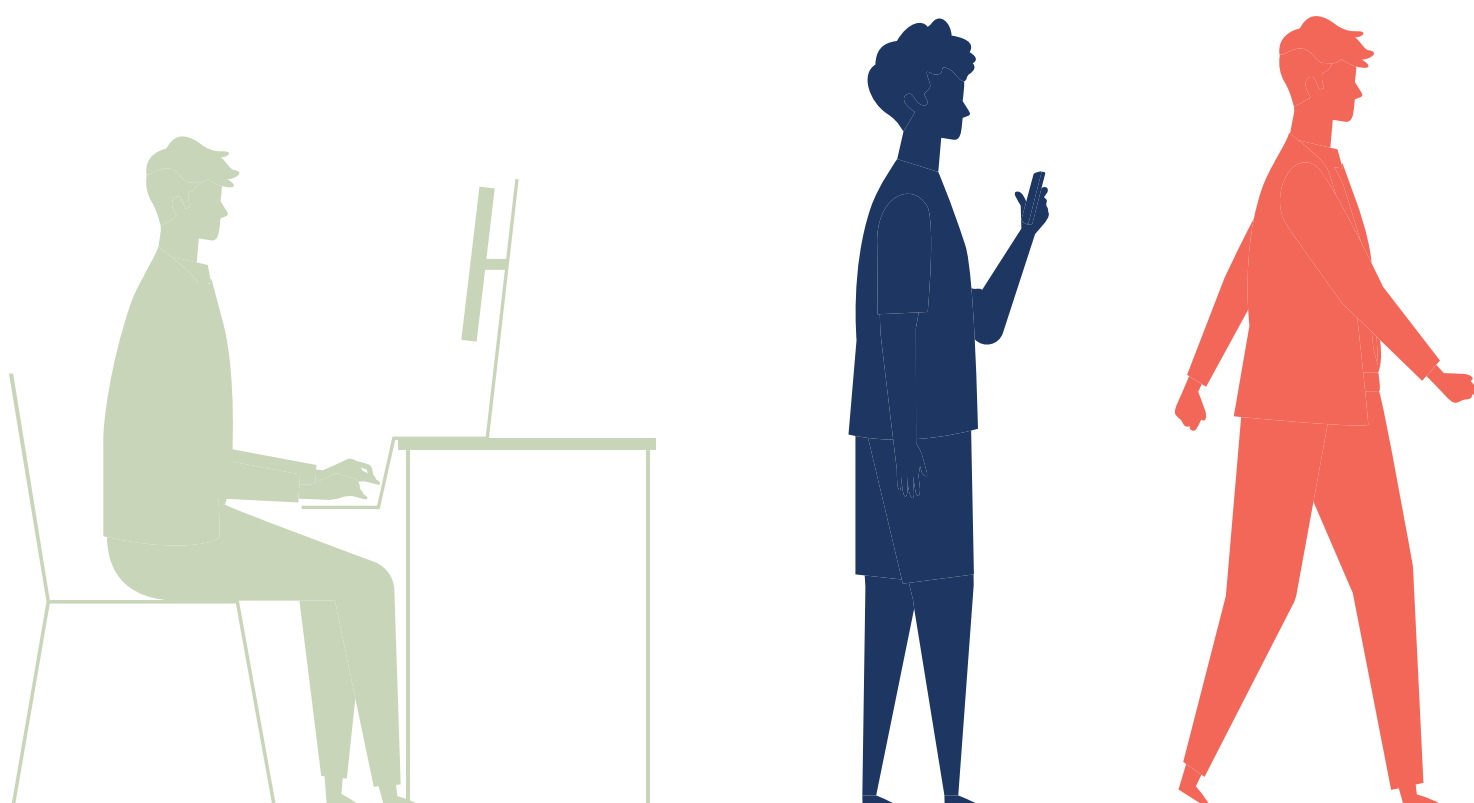


# Reduce sitting time in office workers



Short-term efficacy of a multicomponent intervention



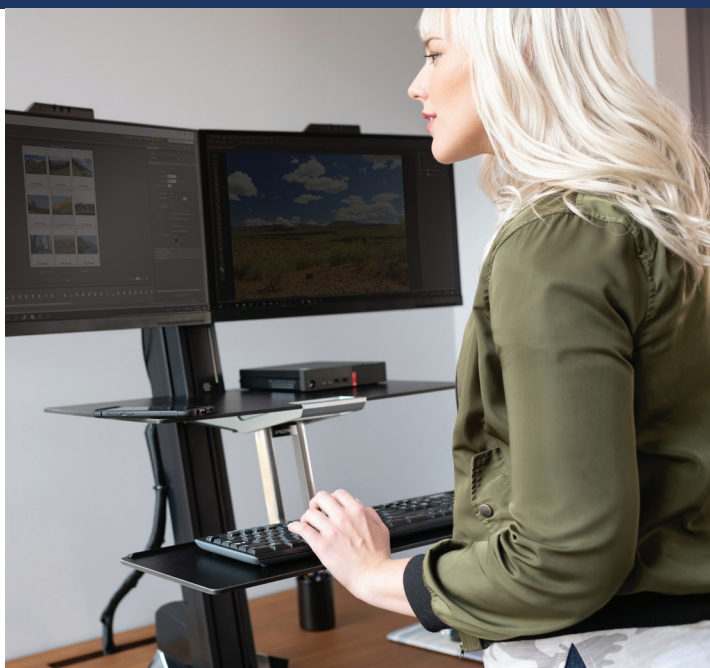
## OBJECTIVE

INVESTIGATE THE SHORT-TERM EFFICACY OF A MULTICOMPONENT INTERVENTION TO REDUCE OFFICE WORKERS' SITTING TIME.

## METHODS

Allocation for this non-randomized controlled trial (n = 43 participants; 56% women; 26–62 years; Melbourne, Australia) was by office floor, with data collected during July–September 2011. The 4-week intervention emphasized three key messages: *“Stand Up, Sit Less, Move More”* and comprised organizational, environmental, and individual elements. Changes in minutes/day at the workplace spent sitting (primary outcome), in prolonged sitting (sitting time accumulated in bouts > 30 min), standing, and moving were objectively measured (activPAL3).

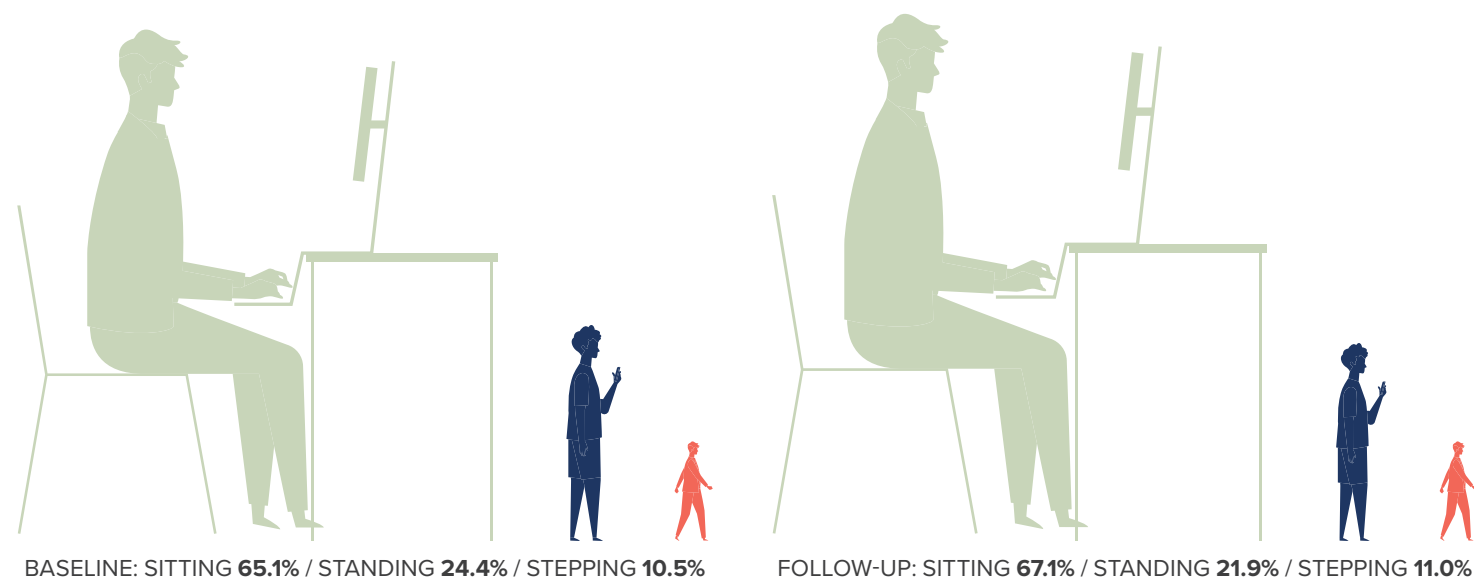
THE WORKFIT-S SIT-STAND WORKSTATION FROM ERGOTRON WAS USED IN THE STAND UP COMCARE PILOT. IT ALLOWS USERS TO EASILY SWITCH FROM A SITTING TO A STANDING POSITION IN ONE SIMPLE MOTION. WORKFIT MAKES COMPUTING COMFORTABLE WHILE PROVIDING MANY POSITIVE HEALTH BENEFITS.



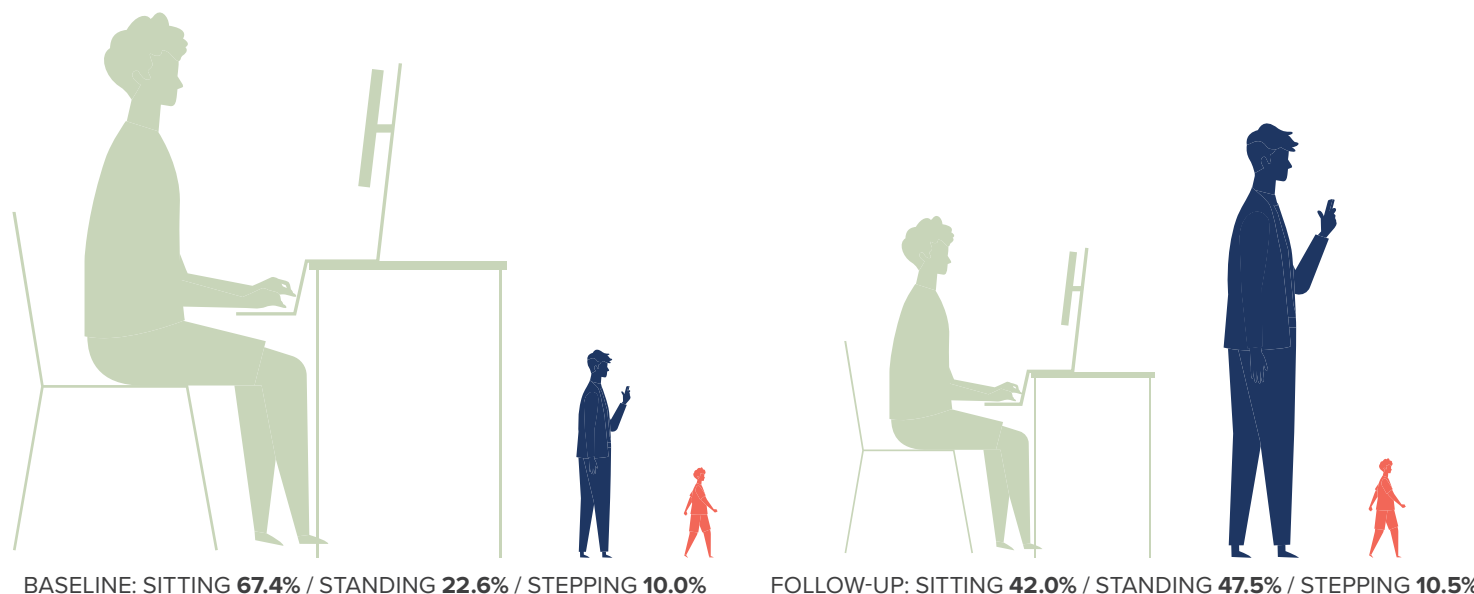
## RESULTS

STAND UP COMCARE PILOT: PERCENTAGE OF TIME SPENT SITTING, STANDING AND STEPPING

### CONTROL GROUP



### INTERVENTION GROUP



## CONCLUSION

This multicomponent workplace intervention demonstrated that substantial reductions in sitting time are achievable in an office setting. Larger studies with longer timeframes are needed to assess sustainability of these changes, as well as their potential longer-term impacts on health and work-related outcomes.



Healy GN; Eakin EG; Lamontagne AD; Owen N; Winkler EA; Wiesner G; Gunning L; Neuhaus M; Lawler S; Fjeldsoe BS; Dunstan DW

SOURCE: The University of Queensland, School of Population Health, Brisbane, Australia; Baker IDI Heart and Diabetes Institute, Melbourne, Australia. Email: g.healy@uq.edu.au

Learn more at [www.ergotron.com/workfit](http://www.ergotron.com/workfit)

