Dynamic working: time every 30 minutes break your sedentary habits and notice the difference



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

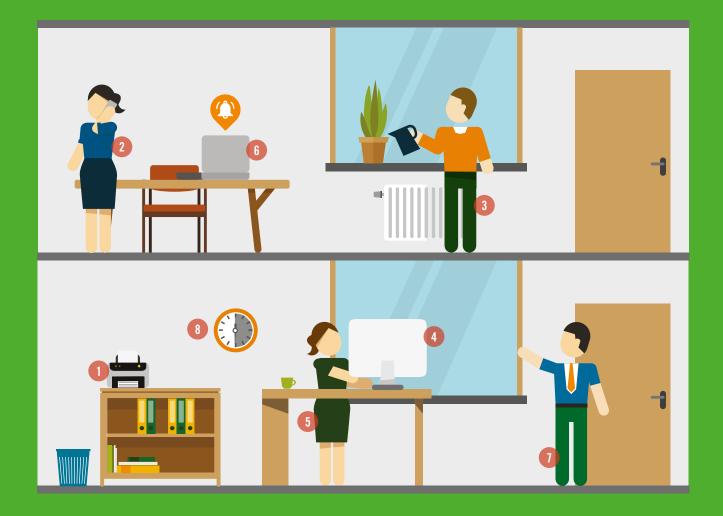
- Eye fatigue
- Lower mental well-being
- More muscle and joint complaints
- A higher BMI and risk of type 2 diabetes
- (X) A higher risk of cardiovascular disease
- ⊗ Increased risk of bowel, uterine, and lung cancer



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.
- **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.

