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Leaflet detailing the Move Your Way During Working at Home Day toolkit

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Toolkit to support moving during the working at home day



The Toolkit

Researchers from the Physical Activity for Health Research Centre at the University of Edinburgh have developed a Toolkit to help workers to move more during the working at home day and reduce their sedentary time. Work through each week (get your colleagues involved too), or pick and choose what looks do-able. Using the action planning page in this leaflet to set yourself up for success.

Week 1 'Move more' meetings

Here are some ways to move more during online meetings:

- Schedule no-screen walking meetings
- Create a DIY standing desk
- Integrate 2 minutes of movement during a meeting
- Schedule 50 minute meetings to reduce back-to-back meetings and add time to move

Week 2 Active breaks

Here are some ways to take active breaks when working at home:

- Take short breaks (e.g., have a dance or walk around)
- Make a hot drink and integrate 'kettlecises' by doing squats or heel raises while the kettle boils
- Take a break for household tasks (e.g., water plants or hang up washing)



Week 3 Active commute

When working from home, some of us miss out on the active commute:

- Can you incorporate a home-to-home commute at the start or the end of your working at home day?



Week 4 DIY Tech

Here are some suggestions on how to integrate movement into the working at home day using technology:

- Use tools on laptop (e.g., add sitting break appointments to calendar)
- Use smartphone (e.g., set an alarm or reminder, or use apps)
- Use smartwatch (e.g., set alarm or stand reminders)



50-minute meetings



DIY tech
(using phone/
smartphone/smartpod)



Home-to-home commute

Find out more about the Toolkit
by scanning the QR code



For more information contact Professor Ailsa Niven:
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Desk-time calculator



Animations
with
educational
content and
suggestions



MS Teams prompt

Action planning

After using the Toolkit on the reverse of this leaflet, complete the table below:

When I am working at home, I will...

Example

Do:	Plan walk and talk meetings
When?	When screens are not required
What will help?	Check colleagues agree

Week 1 'Move more' meetings

Do:	
When?	
What will help?	

Week 2 Active breaks

Do:	
When?	
What will help?	

Week 3 Active commute

Do:	
When?	
What will help?	

Week 4 DIY Tech

Do:	
When?	
What will help?	

What worked best?

What will I continue to do?

The issue

The COVID-19 pandemic instigated a transformational change in the working landscape as large numbers of workers were required to work at home. Recent data indicate that 84% of UK workers who worked at home during the pandemic plan to continue working at home for at least some of the week. Whilst there are lots of benefits to working at home, there are also some risks, including an increase in sedentary behaviour.

Sedentary behaviour is any waking behaviour characterised by low energy expenditure whilst sitting, reclining, or lying down (e.g., working at desk, driving, watching TV). We now know that spending too much time being sedentary can be risky for our health. By reducing and breaking up sedentary time, we can improve our mental wellbeing, reduce our risk of negative health outcomes, and even improve productivity.

If you are interested in learning more about how to reduce your sedentary time when working at home by moving more then review the Toolkit (on the reverse of this leaflet) and try out some of the strategies.

Good luck!



If you require this document in an alternative format, such as large print or a coloured background, please email: aisla.niven@ed.ac.uk

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