Change Our Sedentary Lifestyles/Don't Sit for Too Long

With the advancement of technology, most office workers need to use a computer, process documents or participate in video conferences in the modern work environment. What is worse, our leisure activities after work, such as watching TV, using smartphones or playing electronic games, also involve screens often. Excessive sedentary behaviour may result in lower back pain, muscle stiffness, poor posture and even a higher risk of chronic diseases. To promote our physical and mental health, we, office workers, should take actions to reduce sedentary time and increase our daily amount of physical activity.

The Centre for Health Protection points out that we may slowly increase the amount of time we spend on doing physical activities – The more time we spend, the more health benefits we gain. Through simple behavioral adjustments, we may easily incorporate physical activity into our work. Below are some "tips to stay active in the workplace" that help change our sedentary lifestyles:

- Stand up and do some simple stretches or walk around every hour to improve our blood circulation.
- When having short discussions with a colleague, try to talk while standing or walking instead of discussing through email or on the phone.
- Walk in a fast pace for 15 minutes in a park nearby or on the street during lunch break to aid digestion and refresh yourself.
- Use a printer or a pantry further away from your seat, thereby taking the chance to walk a few more steps.
- If feasible, use a standing office desk, or reply to emails while standing at regular intervals.
- If your physical condition allows, take the stairs more often to gradually enhance your cardiopulmonary functions.
- If feasible, walk or ride a bike to work or back home.

These small changes not only can reduce the health risks associated with prolonged sitting, but also can boost our concentration and work efficiency. From now on, choose one or two tips from the above and put them into practice, thereby reconciling our health with our work and making ourselves more energetic every day!

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