



### How long are you sitting at your desk?

Many workers are in a sedentary position for over 10 hours per day, whether they are sitting at a desk, at a meeting, commuting, or eating lunch.

We often hear of the risks associated with inactivity, including an increased risk of Type 2 Diabetes, cardiovascular disease and cancer. Now researchers are going so far as to say that sedentary behavior is the “new smoking” and that even working out may not compensate for extended sitting of periods of 6 to 10 hours a day.

According to the British Journal of Sports Medicine, people should be standing, moving and taking breaks for at least two out of eight hours at work, and work up to spending half of your work day doing light intensity activities.

### So, what exactly is a light intensity activity?

Simply put, it is time spent off your butt. To keep our health in check we need to change the way we work, and get up!

Your metabolism slows down 90% after 30 minutes of sitting, the muscles in your lower body are turned off, and after two hours your good Cholesterol drops by 20%. A simple five minutes of light intensity activity, restarts those muscles and gets your body going again.

Employers need to provide training for every level in their organization – managers, supervisors and workers. Training and resources are available through a partnership between the BCMSA and the Canadian Mental Health Association.

See our website for more information:

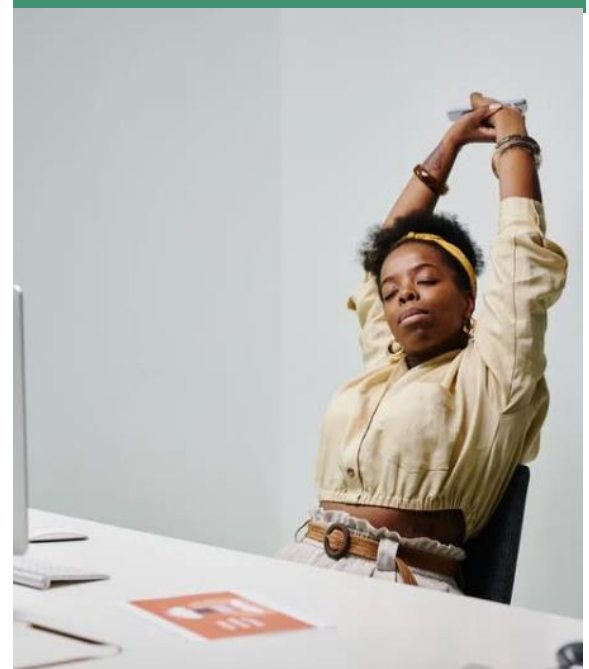
[www.bcmsa.ca/category/course-catalogue/](http://www.bcmsa.ca/category/course-catalogue/)



### What can we do about stress?

#### Here are some ideas to get active:

1. Take frequent walk breaks
2. Host walking meetings
3. Stand up while you are talking on the phone, pace around the room!
4. Hold discussions with co-workers while standing, not sitting, at your desk
5. Take a lunch break and go outside, don't hide at your desk
6. Use the stairs
7. Change your position in your chair frequently
8. Stretch at your workstation
9. Look into an adjustable sit-stand workstation or a way to raise the level of your desk
10. Set up a reminder on your computer to change your position every 20 minutes
11. Encourage your co-workers to stay active with you





MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) <b>MSI – Personal Risk Factors: Keep Active!</b>

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	