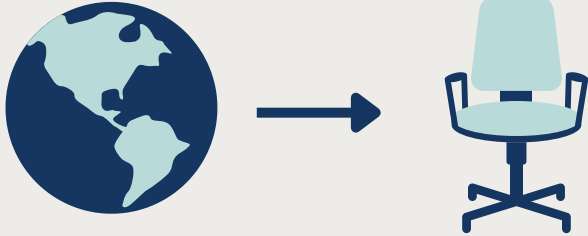


# Support workers to sit less and move more: The BeUpstanding Program

Professor Genevieve Healy & Dr Ana Goode | The University of Queensland Brisbane, Australia

## Our changing world is engineering activity out of our lives



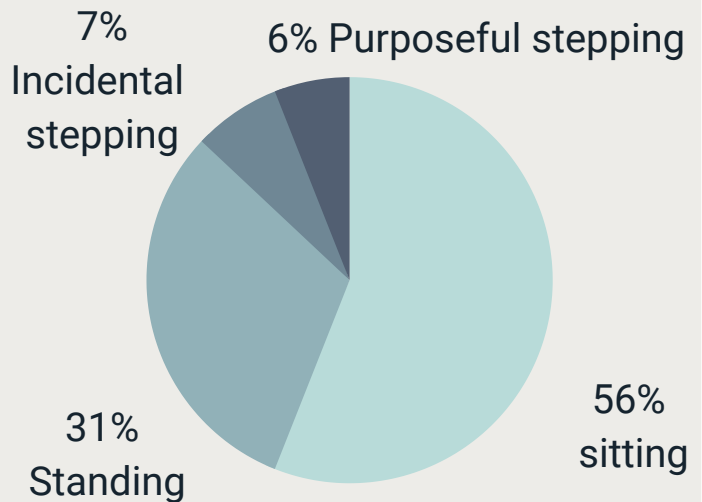
Case Studies of 739 Australian adults aged 35+ show the predominant waking behaviour

### Move more...



Only 60-75 minutes of moderate-to-vigorous physical activity per day provides protection against high levels of sitting.

You can accumulate your activity by being active on most, preferably all days every week.



### Be aware of time you spend sitting



Sedentary behavior is associated with poorer health outcomes, including an increased risk of type 2 diabetes.

Prolonged sitting is defined as 30 minutes or more.

### and sit less...

**Aim to get up at least every 30 minutes**

**Aim to spend 50% or less of your work day sitting**

