Moving every 30 minutes may help you live longer!

Sitting at a desk, or in front of a monitor or computer workstation for prolonged periods of time (more than 30 minutes) can be detrimental to our health, and for many workers you may find that you are sitting for much longer periods.

7 major health risks of sedentary work

Workers who undertake sedentary work are at increased risk of developing:

- High blood pressure
- Heart disease
- Anxiety
- Depression
- Cancer
- Diabetes, and
- Obesity.

So, what can you do about it? Get up and move!

Research has found that getting up and out of your seat every 30 minutes could help to reduce the harms of sedentary behaviour. (Reference: Moving every 30 minutes may help you live longer (medicalnewstoday.com)

Getting up every 30 minutes may also help reduce aches and pains and other illnesses associated with sitting for long periods.

If most of your day revolves around a desk and chair, it is very important to make sure that you take some time to move!

This could be as short as standing up, stretching and taking a few steps around your work area, stepping outside for a five-minute break, walking outside or around your building during a meeting with a colleague, or walking to lunch and back. Even if you brought lunch, eating away from your desk will get a walk in and help you to recharge.

If you are only able to manage a couple of short walks during the day, at least it is something and your body and mind will thank you!