



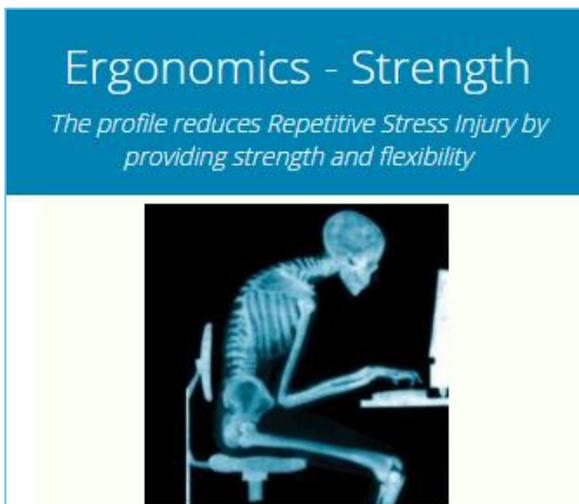
## Sitting Too Much: The health risks

Sitting for hours at a time, day in and day out, creates tension and pressure throughout the body that can lead to ergonomic injuries. Prolonged sitting also increases a person's chance of developing chronic diseases such as diabetes, stroke, cancer and heart disease. Studies have found that:

- Too much sitting is linked to **back pain, repetitive stress injuries, obesity**, and even an increased risk of **diabetes and heart disease**.<sup>i</sup>
- People **gained 16 pounds**, on average, within 8 months of starting sedentary office work.<sup>ii</sup>
- People who sit the majority of day are **54% more likely to die** of heart attacks.<sup>iii</sup>
- Even if a person exercises, **the more hours a day a person sits, the greater the risk of early death**.<sup>iv</sup>

There are two main reasons why sitting too much is a health risk:

1. **Sitting burns little energy.** In fact, chewing gum burns more calories than sitting. Alternately, the simple act of standing or stretching engages muscles throughout the body and burns more energy.
2. **Sitting may actually slow metabolism.** Studies have shown that when major muscles like the ones in our legs are actively engaged, it activates molecules that help the body process fats and sugars more effectively. Sitting does not engage major muscles.



## The Good News: Even a little goes a long way

The good news is that leading health institutions such as the CDC and Mayo Clinic tell us **that even short bursts of movement and exercise throughout the day can significantly decrease the health risks of sitting.**

EVEN IF A PERSON EXERCISES, THE MORE HOURS A DAY THE PERSON SITS  
THE GREATER THE RISK OF EARLY DEATH.

Studies show that **actively standing burns 40% more calories than sitting**. Standing 2.5 hours on your feet each day can **burn up to 350 calories a day**, which accumulates to 25 pounds a year.”<sup>v</sup>

And that’s where Perfect Office Workout comes in to provide employees with easy, inconspicuous fitness activity breaks right at their desk. Developed by certified personal trainers, each workout is designed specifically for busy professionals who spend significant amounts of time sitting and working at a desk.

## Perfect Office Workout: Value on Investment

It’s clear that worksite wellness programs are a good investment for employers. The healthier employees are, the fewer health claims, fewer injuries, and the higher the employee productivity and overall workplace engagement. Perfect Office Workout has undergone years of rigorous client analysis and continuous improvement to provide an effective, engaging exercise platform to improve employee health. Highlights include:

- 18 fitness personas to meet the needs of a wide spectrum of physical abilities and ages
- 52 workouts with 184 exercises to stretch and build muscle strength
- Discreet, low-visibility workout options for employees who may be self-conscious
- Personal Dashboards so participants can easily track their progress and tailor fitness activities
- Company Dashboard with real-time metrics to track participation and retention rates among other outcomes; metrics include:
  - ✓ Total Users
  - ✓ Total Weekly Activities
  - ✓ Total Steps
  - ✓ Member Participation
  - ✓ Mood Indicator
  - ✓ Competition Tools to track team progress

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<sup>i</sup>Source: Health.com

<sup>ii</sup>University of North Carolina at Wilmington study; source: MSNBC, Time Magazine

<sup>iii</sup>Katzmarzyk, P. (2009). Sitting Time and Mortality from All Causes, Cardiovascular Disease, and Cancer. *Medicine & Science in Sports & Exercise*, 41 (5), 998-1005.

<sup>iv</sup>Judson, O. (2010, Feb. 23). Stand up while you read this! *New York Times*.

Retrieved from: <http://opinionator.blogs.nytimes.com/2010/02/23/stand-up-while-you-read-this>

<sup>v</sup>Congleton, J.J. (2010). Healthier workplaces for healthier workforces: The benefits of implementing employee health and wellness programs. Proceedings of ASSE’s Safety 2010 Conference, USA.

## What participants are saying about Perfect Office Workout

"I was able to easily integrate a great workout into my workday and I feel amazing!"  
Sarah T., Chicago, IL

"I have really started to enjoy running and it has really helped me with my stress level and my overall mood. I never in a million years imagined that I would be able to throw on my shoes and go run a couple miles to de-stress. It feels pretty fantastic!"  
Anna G., Milwaukee, WI

"Perfect Office Workout goes beyond exercise at your desk. As Director of HR it gave us visibility to the program."  
Mark D., Chicago, IL

"Wow! Finally something I can do at work that actually works."  
Sue H., Chicago, IL

"What a great way to de-stress during the day."  
Linda A., Minneapolis, MN

"I lost 8 pounds in the first couple weeks!"  
Adam P., Milwaukee, WI

"This is an awesome way to stay healthy working long our tied to your desk!"  
Thomas R., Minneapolis, MN

"Our employees use it! I can't think of a better way to say more."  
Brian A., Milwaukee, WI