

Article: Physical Health—musculoskeletal

Content notes:

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AUDIENCE	Office-based and desk-bound workers looking for practical ways to reduce sedentary behaviour and build more movement into their workday.
COMMUNICATION OPPORTUNITIES	White-label content tied to World Health & Safety at Work Day (April) or National Safe Work Month (October), positioning sedentary work as a manageable health risk with simple, everyday solutions.
MESSAGE	Sitting for long periods increases your risk of serious health conditions, and exercise outside work hours doesn't cancel it out; regular movement breaks throughout the day are what matters.
INSIGHTS	Australian workers spend around 76% of their time at work sitting, and prolonged sitting increases the risk of cardiovascular disease, some cancers, type II diabetes and musculoskeletal disorders.
ASSOCIATED ASSET/S	SafeWork Australia sedentary work resources, TAL Health Connector.
CTA	Start building movement into your workday by standing, walking and taking regular breaks every 30 minutes, or find support through the TAL Health Connector.
REVIEW DATE	May 2026

Sit less, move more: 5 tips to revitalise your workday

Did you know that Australian workers spend around 76% of their time at work sitting?¹ If this sounds like you, there’s good reason to think about ways you can get more movement in your workday.

People who spend a lot of their day sitting have a greater risk of cardiovascular disease, some cancers, type II diabetes and musculoskeletal disorders. Workers who sit for long periods also report feeling tired, less productive and unhealthy.²

It’s important to note that exercise outside of work hours doesn’t remove the risk factors associated with long periods of sitting. It’s all about regular breaks throughout the day - ensuring that you’re getting up and moving every 30 minutes.

There’s a number of ways you can break out of sedentary habits:

1. Sit-to-stand

¹ Safe Work Australia. *Sedentary work*. 2026

² Ibid

A height adjustable desk allows you to adjust to the best ergonomic setting to work at your computer while sitting or standing. A combination of sitting and standing throughout the day is ideal. Set a reminder so you know when it's time to get moving.

2. Walk and talk

Avoid the need to book a room and get some steps in at the same time by holding walking meetings. Phone calls can also be taken while on the move.

3. Huddle up

Larger team meetings can be held in a stand-up style, encouraging everyone to connect with each other with the bonus of keeping the duration to a minimum.

4. Face to face

When you're both in the office, consider walking to deliver a message to a colleague in person rather than sending an email or direct message.

5. Lunch breaks

Make a habit of having your lunch away from your desk. It gives you a mental break from your tasks while providing a good opportunity to walk to the communal kitchen or outdoors to eat.

If you're feeling overwhelmed, or unsure where to begin, speak to your GP or find support through the [TAL Health Connector](#).

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