

MEMBER ENGAGEMENT

Member blog – Musculoskeletal health

The following health and wellbeing blog has been prepared by TAL for use by partner superannuation funds for their members. It is available to use in white-label format for communications and is designed to provide information for members on positive ways to support their physical health.

-BLOG-

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

Did you know that Australian workers spend around 76% of their time at work sitting¹? 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 down have a greater risk of musculoskeletal disorders together with cardiovascular disease, obesity, type 2 diabetes and some cancers. It can also impact your mental health, with workers who sit for long periods reporting feeling tired, less productive and generally less healthy¹.

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

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.

1. Safe Work Australia, [Sitting and standing](#)

Important information

The health information contained in this document is not a substitute for advice from a qualified medical or other health professional. It is not intended to diagnose, treat, cure or prevent any health problem. Always consult your medical practitioner or other health professional in relation to any medical issue or concern, before changing your diet, starting an exercise program, or taking medication or supplements of any kind. While all care has been taken to ensure that the information provided is accurate and complete at the date of publication, neither TAL nor its employees accept liability for any loss or damage caused as a result of reliance on the information.

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