

Move More, Feel Better, Perform Better

Small amounts of movement throughout the day support health, comfort, and workplace performance.

WHY MOVEMENT MATTERS



CIRCULATION

Supports healthy blood flow and heart health.



BRAIN

Helps boost focus, memory and creative thinking.



ENERGY

Helps maintain alertness and reduce fatigue.



COMFORT

Reduces stiffness and discomfort from long periods of sitting.

THE KEY MESSAGE

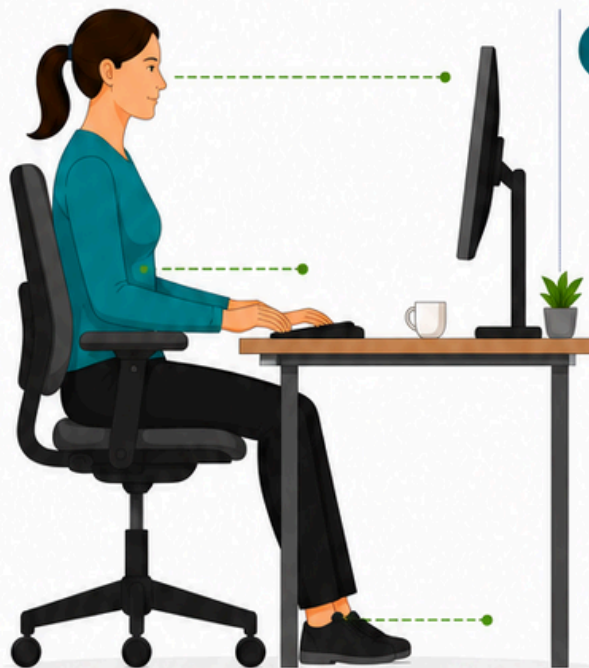
Move every
30-60
minutes



Break up sitting every 30-60 minutes with movement. Regular breaks help reduce the impact of prolonged sitting and keep your body and mind working at their best.



SET UP YOUR WORKSTATION FOR COMFORT & PERFORMANCE



1 CHAIR FIRST
Adjust the chair height so your elbows are at 90-120° when typing and using the mouse.

2 SCREEN
Top of the screen at eye level.

3 KEYBOARD & MOUSE
Keep them within easy reach.

THE POSITIVE BENEFITS



LESS STIFFNESS

Helps keep muscles and joints feeling more mobile.



IMPROVED COMFORT

Reduces aches and pains and physical strain.



BETTER FOCUS

Helps you stay on task and think clearly.



INCREASED PRODUCTIVITY

Feel more efficient and get more done.



ENHANCED CREATIVITY

Fresh ideas flow more easily when you move.



IMPROVED WELLBEING

Supports mood, reduces stress and boosts wellbeing.

SIMPLE WORKDAY HABITS



Stand or move every 30-60 minutes



Take short walking breaks



Change posture regularly



Move more during the working day



**Small movements.
Big impact.**

Looking after your body at work helps you feel better, think clearer and perform at your best.



i This information is general guidance and should not replace professional medical or individual workplace advice.