

# Content Suggestions

## for your newsletter or intranet or other internal communications to staff

Choose messages below (or write your own) that are relevant to your workplace and include these in your internal communications to staff so they can benefit from sitting less and moving more

*Did you know that sitting less and moving more can help reduce stress?*

*Feeling sleepy at work? Try standing or walking more.*

*Did you know that standing burns more energy than sitting?*

*Stand-up meetings are shorter and more productive. Give it a go in your next meeting.*

*Sitting less and moving more can help improve mental wellbeing.*

*During long meetings, stand up regularly to stretch your legs and stimulate your brain.*

*Did you know that sitting less and moving more can help improve circulation?*

*Use our stand-up area for reading. Standing uses more muscles and makes them stronger.*

*Eat your lunch at our stand-up table. Standing gives your body a break from sitting.*

*Improve your fitness during work time by standing up regularly.*

*Standing or walking in your lunch break is an easy way to make your lunch healthy.*

***Did you know that sitting less and moving more can help you think more clearly?***

***Reverse the sitting trend by standing up regularly during the day. It improves circulation and burns more energy than sitting.***

***Here are some easy ways to sit less and stand more***

- Walk over and talk to colleagues instead of phoning or emailing them.
- Use the stairs instead of the lift.
- Use a bathroom on a different floor.
- Go outside and get some fresh air during the day.
- Substitute some daily sitting desk time with walking or standing.
- Set up individual reminders/prompts such as to stand up every time the phone rings.
- Stand up to eat lunch (or walk around the block during the lunch break).
- Schedule activity breaks into daily calendars.
- Walk to external meetings.
- Hold stand-up meetings.
- Walk, run, cycle or scoot to and from work.

***Back-to-back meetings all day? Make one of them a walking meeting.***