Be active at work 6 top tips for employees

1   Target sitting time, not exercise

Instead of focusing on time in the gym, focus on how long you are sitting and aim to reduce this. Growing scientific research suggests that sitting for more than four hours per day puts us at risk, irrespective of exercise outside of work.

2   Take regular breaks

Walk over to colleagues instead of sending them an email, try to stand up when having a meeting or taking a phone call or take regular breaks from your screen by physically walking away.

3   Go for a walk at lunchtime

Always eat your lunch away from your desk and try to leave the office and take a walk. It's also great cardio exercise, lowering levels of LDL (bad) cholesterol while increasing levels of HDL (good) cholesterol.

4   Take the stairs

Instead of using the lift, aim to take the stairs. Climbing stairs uses eight to nine times more energy than sitting and burns more calories per minute than jogging, so has great health benefits in addition to reducing sitting time.

5   Standing desks

Switch between standing and sitting at your desk and aim to do this for 10-15 minutes per hour. Active workstations have also been found to have other positive effects on the mind, body and productivity.

6   Move more outside of work

If most of your working day is spent sitting, make changes in the evening so that you aren't clocking too many additional sitting hours outside of work. This could be limiting time spent watching TV, getting up to wash dishes, parking further away from your destination when driving, going to a gym class or by doing simple exercises at home.

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