



Health Benefits

Improved Sleep Quality

Improved Energy Levels

Increased Endurance

Better Weight Management

Reduced Risk of NCDs

Optimised Immune System

Increased Libido

Improved Mood

Improved Cognitive Function

Reduced Risk of Falls





Mental Health



The link between mental and physical health is studied in the field of psychoneuroimmunology.

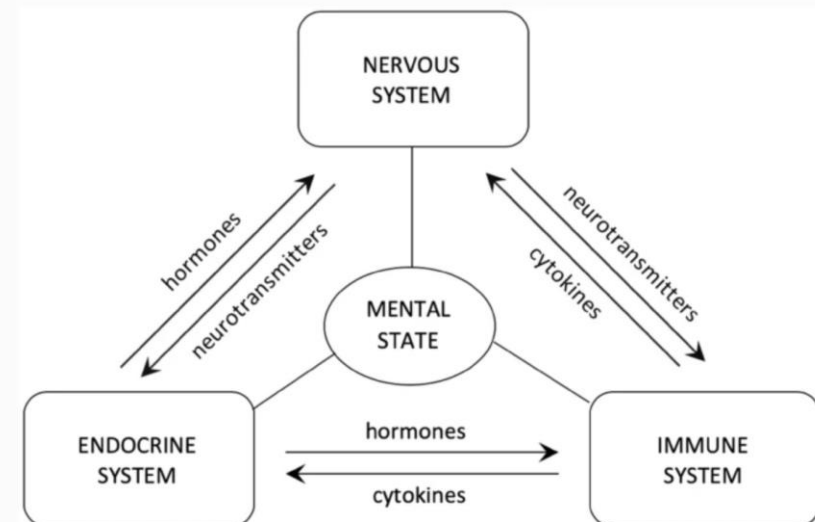
The bi-directional relationship between our mental state and our physiology.

Exercise profoundly influences our mood and cognitive performance.

Mental health benefits of regular exercise are especially relevant in these trying times.

Exercise both directly and indirectly improves our mental health.

- Release of uplifting neurochemicals
- Alteration of HPA axis and Stress control
- Changes in brain structure
- Secondary elements such as improved sleep, self-confidence, energy..





Exercise Guidelines

AEROBIC EXERCISE



At least **150 - 300 mins**
Light/ Moderate
75 -150 mins Vigorous

STRENGTH TRAINING



Strength exercise for all major muscle groups **Moderate intensity** or greater 2 or more days/week

SEDENTARY BEHAVIOUR



Limit the amount of sedentary time **throughout the day** - Any type of movement will help to mitigate risks.

According to Healthy Ireland survey 2019 - only 46% Irish Adults currently meet these guidelines



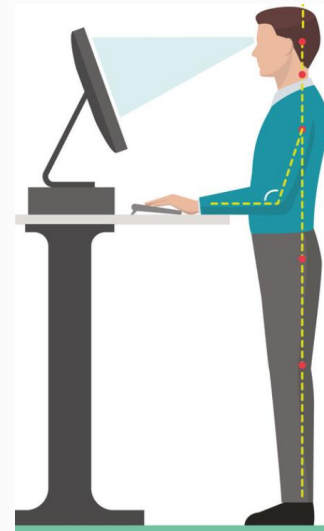
Work Station Ergonomics

How we choose to sit at the desk can make a big difference to how we feel and function.

SITTING



- Feet flat on floor
- Even distribution of weight
- Soft open angle at the knee/elbow
- Low back fully supported
- Upper back resting against chair
- Head stacked with hips and shoulders
- Screen at eye level to avoid tilt

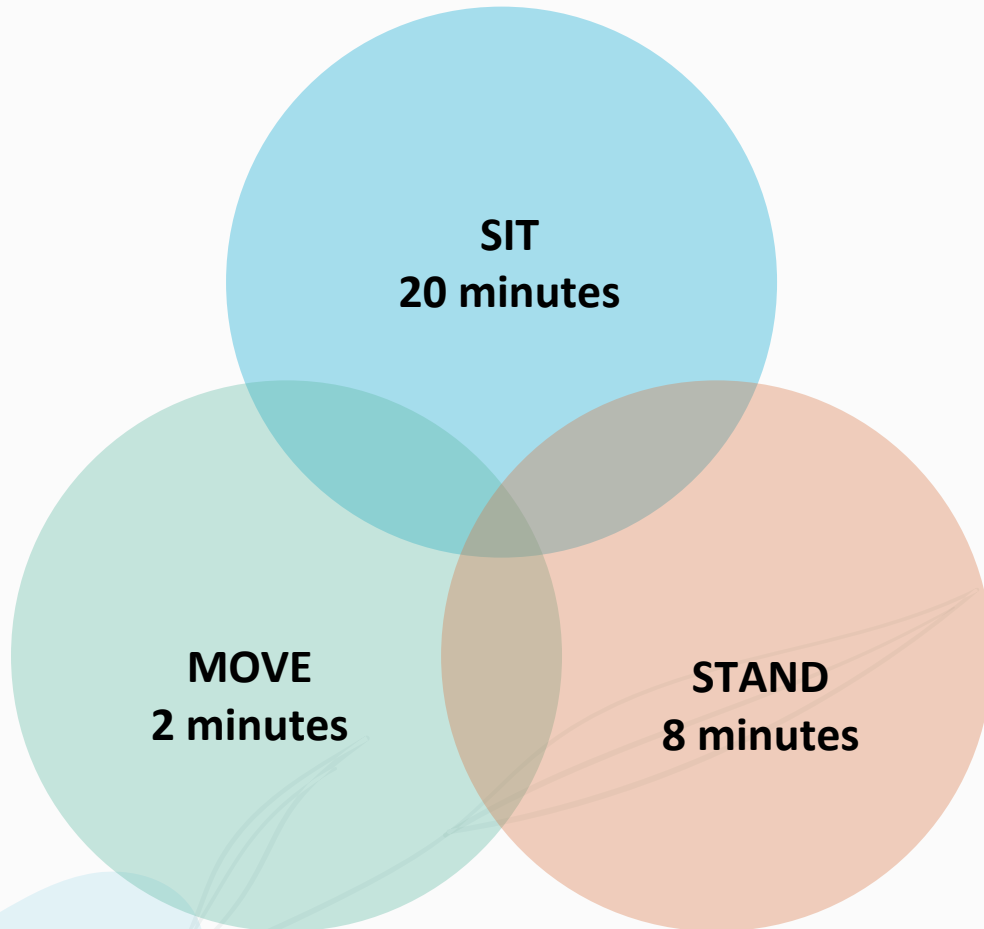


STANDING

- Same principles - even weight distribution
- Screen at eye level
- Hips, shoulders and head aligned
- Avoid leaning excessively on one leg/ elbow
- Engage core muscles for stability
- Sit when you feel fatigued



Sit:Stand Ratio



The “Ideal Work Pattern”

This sit-stand-move sequence is pioneered by Dr. Alan Hedge - Cornell University professor.

This is an ‘ideal’ pattern to work towards in order to mitigate the risks associated with prolonged sitting - however everyone is different and may need to alter it according to fitness level and physical needs.

The key take-away here is to

- a) avoid prolonged stagnation
- b) vary the movement at frequent intervals
- c) do not stand excessively

A general guideline to work towards is moving/standing for at least 2 of an 8 hour work day - building up eventually towards 4 hours.



Task / Time Association

The 'Fake Commute'

Morning / evening movement ritual to mimic working schedule in the office.

Mental preparation in the morning

Wind down in the evening

Also supports role transition, clearer defined.

Active Breaks

Whether on lunch or coffee breaks, take every opportunity to stretch your legs and more importantly - get fresh air

Coffee/ Bathroom/ Meetings

By linking tasks that regularly occur throughout the day with short bouts of movement - it can rapidly accumulate over weeks/months.

