

Sitting Less, Moving More: Reducing the Risks of a Sedentary Lifestyle

The Fitness Challenge Workshop
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Intentions for Today

- ✓ Understand the importance of physical activity in modern daily life.
- ✓ Recognize how sedentary behaviour and prolonged sitting affect health.
- ✓ Identify how small daily choices can increase movement.
- ✓ Learn practical tips for reducing sitting time during office work.


What is special about sitting in a deep squat?

Did you know?

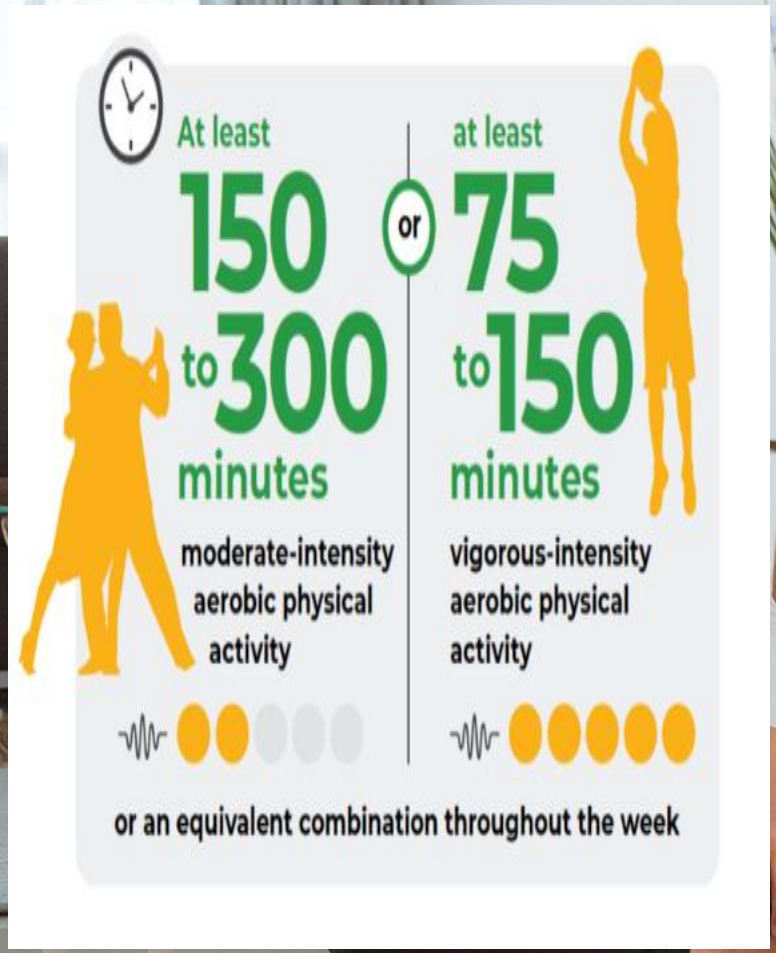
- Nearly 58% of the UAE adult population self-reports being physically inactive
- Both males and females spent ~80% of waking hours in sedentary behavior

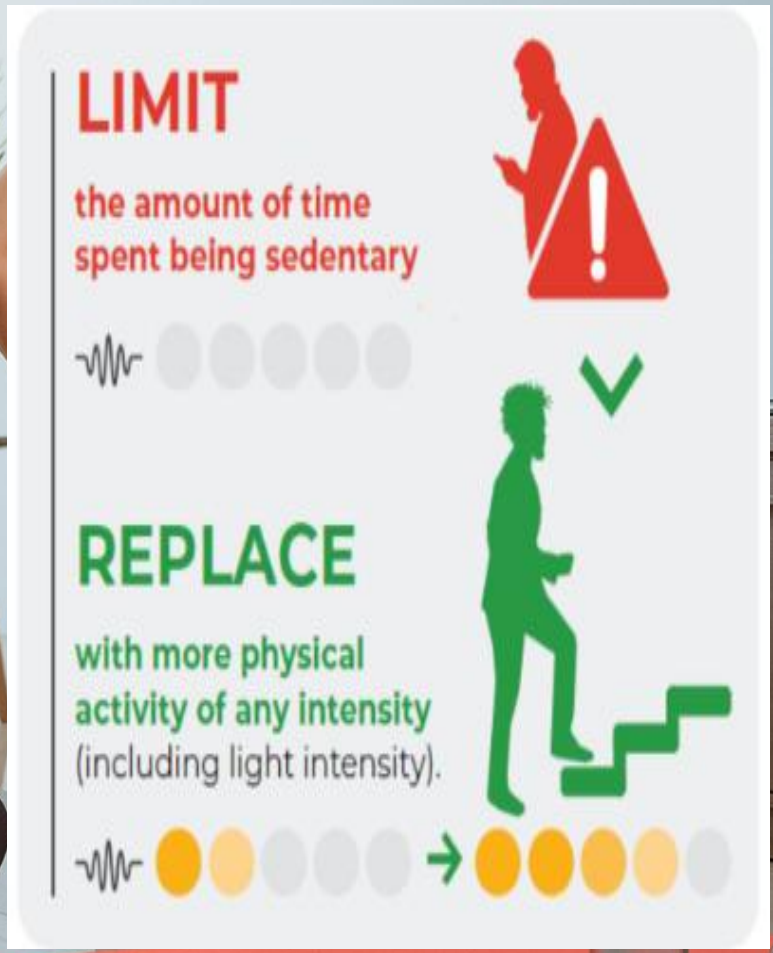
How many hours do you sit per day?



Guthold et al. 2018; UAE National Health Report 2018

WHO's Physical Activity Guidelines for Adults

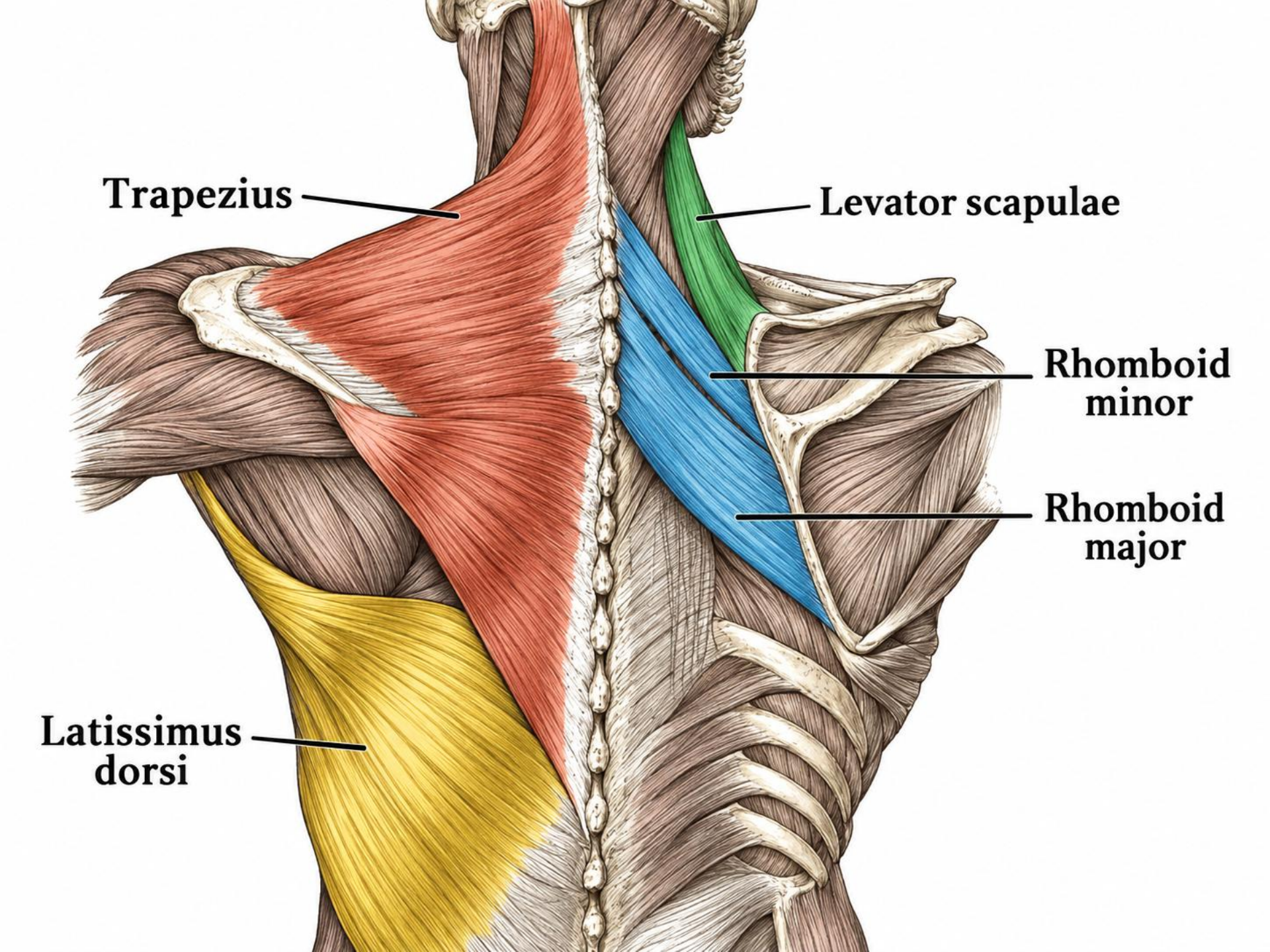




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World Health Organization 2020




Trapezius
Levator scapulae
Rhomboid minor
Rhomboid major
Latissimus dorsi

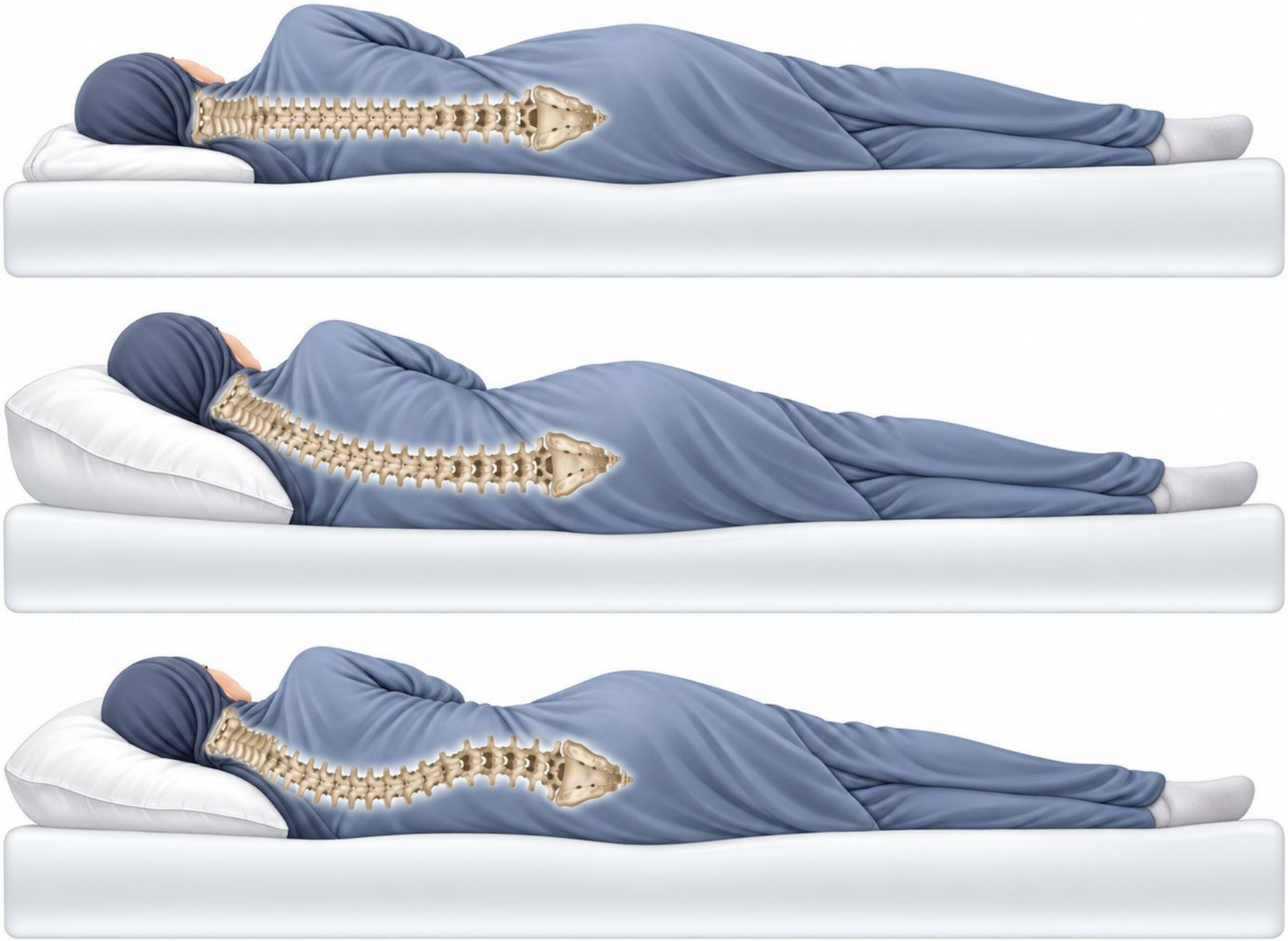


Fascia is connective tissue that surrounds and supports muscles and organs, allowing flexibility and movement.


90°
90°
90°
Shoulders relaxed
Back support
Arms support
Thighs horizontal
Feet flat on the floor


What is special about sitting in a deep squat?





UAEU
WORKDAY MOVEMENT MENU

WORKDAY BITES

	Desk push-ups	AED 0 🌶
	Seated leg raises	AED 0 🌶
	Calf raises while waiting	AED 0 🌶
	Chair sit-to-stands	AED 0 🌶
	Neck & shoulder stretches	AED 0 🌶
	Standing desk march	AED 0 🌶

CAMPUS SPECIALS

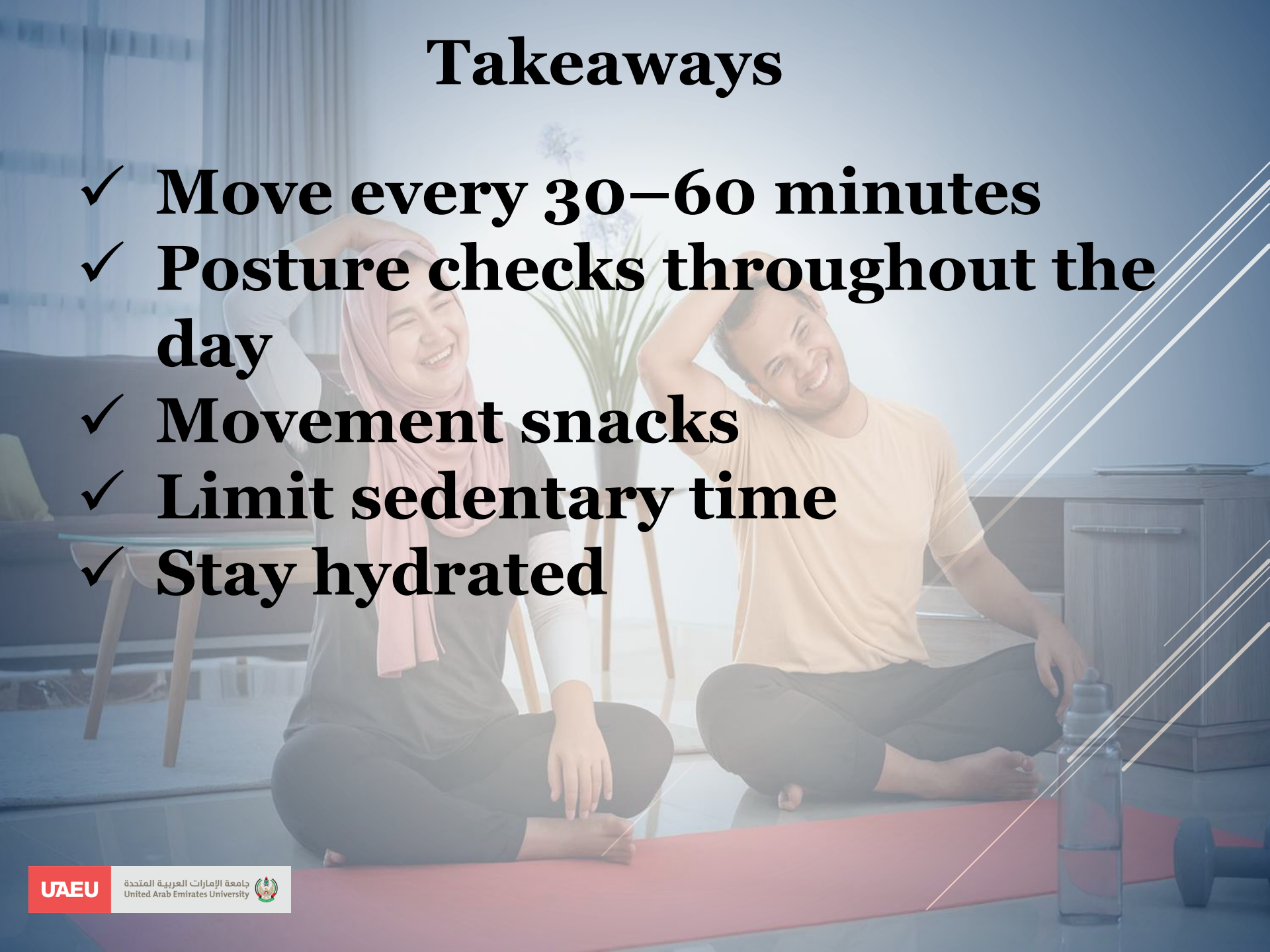
	Stair climbing	AED 0 🌶🌶🌶
	Brisk corridor walking	AED 0 🌶🌶
	Wall push-ups	AED 0 🌶
	Desk squats	AED 0 🌶🌶
	Seated marching	AED 0 🌶
	Fast feet in place	AED 0 🌶🌶🌶

🌶 1 chili = easy | 🌶🌶 2 chilies = moderate | 🌶🌶🌶 3 chilies = heavy

Move for 1–2 minutes, 2–3 times daily.

Takeaways

- ✓ Move every 30–60 minutes
- ✓ Posture checks throughout the day
- ✓ Movement snacks
- ✓ Limit sedentary time
- ✓ Stay hydrated



www.artograsten.fi/materials/

Thank you!

