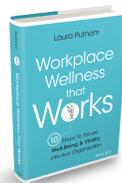




Born to Move, Told to Sit

SEPTEMBER 15, 2021

Prepared for University of Vermont
Laura Putnam, CEO of Motion Infusion & Author of *Workplace Wellness That Works*



All content copyrighted © 2021 Motion Infusion®. All rights reserved. This handout, presentation or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of Motion Infusion®.



Please, *Don't* Have a Seat!

From classrooms where kids sit for hours at a time to workplaces that keep us in front of computers to groceries that are delivered to our homes – we sit *a lot*. Meanwhile, we're told: "Move more, sit less!" We feel like we're failing ourselves and that we are to blame. The truth is, there are larger societal forces at play that we may not be aware of. This session unpacks those forces – and provides a path forward.



TAKEAWAYS:

- The latest research on just how much we are designed to move
- A look at why most of us are not (or at least, not enough)
- An understanding of how physical activity comes in two flavors, "EAT and NEAT," and why you need more of the latter
- Your own Physical Activity Archetype and personalized tips on how you can improve
- A rethink next time you ask someone to "Have a seat!"



Who Are You?

Which of these four “archetypes” best describes you?

- **ALWAYS RUNNING ANDY:** He’s on the go – on his feet at work and sporty during his leisure time. You’re likely to see him biking to and from work or heading out to Tahoe for the weekend. He’s always moving around – standing up to take calls, delivering messages in person instead of sending emails and getting outside during the workday to stretch his legs.
- **FIDGETY FRAN:** Fidgety Fran can’t seem to sit still throughout the day. She gestures when she talks and moves around like a hummingbird. Unlike Always Running Andy, though, Fidgety Fran’s not a big fan of the gym or sports.
- **COFFEE SHOP CARL:** At work, he’s likely tied to his desk for most of the day, often eating lunch at his desk. And, during his leisure time, Coffee Shop Carl likes to relax. He watches TV at night and would prefer to have a leisurely latte at Peet’s with the Sunday Times than head up to Tahoe for the weekend.
- **WORKOUT WENDY:** Workout Wendy spends most of her workday sitting at her desk. But, come the end of the day (or even before work), she’s busting out the gym bag and ready to go workout!





Self-Assessment

1. Reflect back over the past week. What kinds of physical activities did you engage in? Jot notes below:

2. How many hours of physical activity would you say you got each day?

WED	THURS	FRI	SAT	SUN	MON	TUES

3. And, how many hours a day would you say that you were sitting?

WED	THURS	FRI	SAT	SUN	MON	TUES



Motion Infusion in the Office

SET YOUR BASE

1. Set feet apart (need support of legs and torso).
2. Sit forward on chair and breathe fully.

EYES

1. Clocks – Without moving head, move eyes “around a clock,” both directions.
2. 8’s – Extend arm and draw an “8” in the air, following the movement with your eyes.

HANDS AND WRISTS

1. Z’s – Press palms together, fingers in opposition to create a ‘Z’ shape.
2. Wrist Rolls – Clasp hands together; roll hands in both directions.

SHOULDERS AND NECK

1. Chest opening – Clasp hands behind; reach interlaced hands behind and up.
2. Neck Rolls – Drop head to one side, roll through center, turn chin toward shoulder, nod up and down; reverse direction.

SPINE

1. Spinal Extension/Flexion – Arch the back, inhale; round the back, exhale.
2. Spiral Staircase – Rotate the spine from the sacrum to the top of the head while keeping the feet pressing down and out against the floor; let arms slide naturally.
3. Side Stretches – Stretch to the side, round through center, side stretch, return to upright position; allow arms to hang down naturally.

LEGS

1. Seated Hamstring Stretch – Imagine having a seat belt across the waist, extend one leg forward on to floor, foot flexed, lean forward at the waist.
2. Cross-Over – Calf bone on top of thigh bone, keep foot flexed, drape body over leg; reach arms up and let float out to side as lean forward, let head drop.



Top Ten Reasons to Get More NEAT

1. **WE'RE DESIGNED TO MOVE.** While we may be culturally mandated to sit, we are biologically designed to move. As hunters and gatherers, we were moving up to 20 miles a day!
2. **MORE NEAT IS KEY.** Physical activity comes in two flavors: EAT and NEAT. EAT, which stands for exercise activity thermogenesis, refers to any type of intentional workout, such as going to the gym or playing a sport. NEAT, or non-exercise activity thermogenesis, refers to any incidental movement throughout the day. Over the past several decades, our NEAT levels have plummeted – contributing to the obesity epidemic and rise in chronic diseases (like heart disease) that we're facing today.
3. **WE'RE SITTING WAY TOO MUCH.** On average, we're sitting about 13 hours a day and 86% of us are pretty much sitting all day, every day. Here's the problem: too much sitting may be as little as 3 hours a day! Within a shockingly short span of time (a couple of hours), our bodies experience changes on a cellular level that put us at much greater risk than when we're moving (or even standing).
4. **EXERCISE DOES NOT NEGATE THE NEGATIVE EFFECTS OF TOO MUCH SITTING.** That's right – while getting a workout is good, it does NOT offset the effects of too much sitting. We still need to stay on our feet – and preferably moving – *throughout* the day.
5. **TOO MUCH SITTING IS REALLY BAD – ESPECIALLY IF YOU'RE A WOMAN.** According to multiple studies, including a recent one conducted by the American Cancer Society that followed over 123,000 participants over a 14-year period, too much sitting is literally killing us. If you're a man and you're sitting more than 6 hours a day, your risk of death goes up by about 20%. For women, it's double that – almost 40%!
6. **WHEN WE STAND, WE BURN TWICE AS MANY CALORIES AS WHEN WE SIT.** This means that more standing equals reduced weight gain. Researchers at Stanford have calculated that we can save ourselves from gaining 11 pounds every 10 years simply by standing up for 2 minutes every hour, assuming an 8-hour workday. If we can stand up and move *throughout* the day – even better.
7. **SITTING PUTS TWICE AS MUCH PRESSURE ON OUR SPINE.** If you consider that 8 out of 10 adults in the US will suffer from chronic back pain at some point in their lives, this is significant. For Americans under the age of 45, back pain is the leading cause of disability. And, second only to the common cold, low back pain is the leading cause of missed work.



8. **WHEN WE MOVE, WE GET HEALTHIER.** A team led by cardiologist Jarrett Berry at the University of Texas Southwestern Medical has shown that the benefits of getting active outweigh the benefits of quitting smoking when it comes to longevity. That's one of the reasons why many researchers are now calling sitting the "new smoking."
9. **WHEN WE MOVE, WE GET HAPPIER.** Scientists at Duke University have found that getting active is as effective as Zoloft for treating depression (and without any side effects!).
10. **WHEN WE MOVE, WE GET SMARTER (IT'S TRUE!).** The CA Department of Education has repeatedly shown that kids who are physically active do better than their less active peers. Want to prevent the onset of dementia? Then, get active and you'll reduce your chances by half! Want to get more innovative? Then, get moving and you'll not only increase the synapses (connections) between brain cells, you'll even produce new ones.



STAND UP AND START A MOVEMENT!



About

ABOUT LAURA



Laura Putnam, MA, author of *Workplace Wellness That Works*, is CEO and Founder of Motion Infusion, whose work has been covered by MSNBC, The New York Times, US News & World Report, Entrepreneur, Business Insider, Globe & Mail and NPR. She is a former teacher, dancer, gymnast and now a movement-builder in the world of health and wellness. A leading authority on how organizations can promote well-being at work and how leaders can inspire employees to adopt healthier behaviors, Laura is a frequent keynote speaker and training facilitator. Laura sometimes makes guest appearances at her alma mater, Stanford

University, is part of the Google Vitality Lab, serves on the Healthstat Strategic Advisory Council and chaired the American Heart Association's Greater Bay Area 2020 Task Force. She is the recipient of the American Heart Association's "2020 Impact" award as well as the National Wellness Institute's "Circle of Leadership" award. A graduate of Brown University School of Education and Stanford University in International Relations, she lives in San Francisco with her fiancé and unruly cat.



ABOUT MOTION INFUSION

Motion Infusion, a well-being training firm based in San Francisco, helps organizations "get in motion." Merging evidence-based methods from the field of wellness with best practices from the field of learning and development, Motion Infusion offers creative solutions in the areas of engagement, behavior change, and human performance improvement. Services include keynote speaking, leadership development, management training, team development, and train-the-trainer programs. Motion Infusion's clients range from Fortune 500 companies to nonprofits, schools, and government entities.