

HOW TO COMBAT A SEDENTARY LIFESTYLE

GENERALITIES : Whether you work on-site or remotely, it's easy to fall into the habit of sitting for long hours in front of a computer screen. However, this sedentary lifestyle can impact our physical and mental health, which is why it is important to practice physical activity regularly. In this context, let's take a look at some figures and the best practices to adopt.

The figures of sedentariness...



12 H

On working days, we spend an average of **12 hours sitting**, including 4 hours at home.



9 H

On non-working days, we spend an average of **9 hours a day sitting**.



80 %

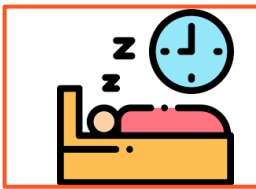
80% of adults spend **at least 3 hours a day** in front of a screen outside professional activity.

Regular exercise means...

➤ Physical benefits...

- Helps maintain a healthy body weight
- Lowers blood pressure
- Lowers the risk of heart disease
- Reduces the risk of type 2 diabetes
- Reduces the risk of certain cancers
- Increases muscle strength and function
- Improves bone health and strength

➤ Which also go beyond the body...



Helps to fight fatigue.



Facilitates the return to social life.



Helps regain self-esteem.

Good practices at work

Choose walking or cycling to get to work

If you work sitting down, take active breaks : get up and walk for a few minutes

Walk during your telephone conversations

Take a walk during your lunch break

Take the stairs instead of the elevator

Stretch regularly