

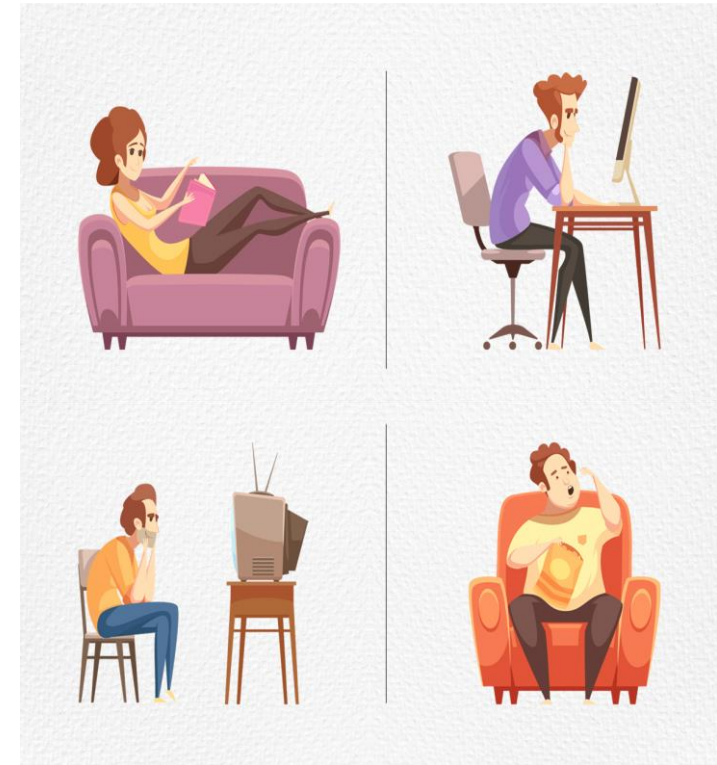
Sedentary Behaviour

Sedentary behavior is defined as any waking behaviour such as sitting or leaning with an energy expenditure of 1.5 metabolic equivalent task (MET) or less.

Impact

Increases all-cause mortality
increased risk of:

- Heart attacks
- Diabetes
- Hypertension
- cancers



World Health Organisation 2020 guidelines

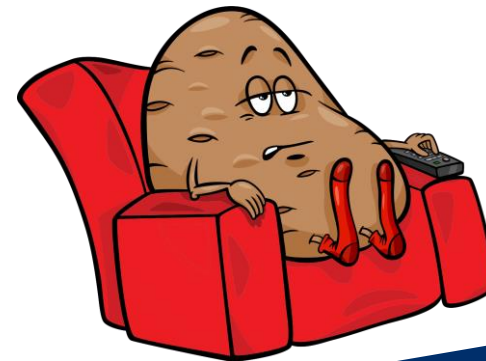
Sedentary behaviours

- Any waking behaviour while sitting, reclining or lying



Recommended to

- Replace with physical activity of any intensity (including light intensity)
- Aim to exercise more regularly and intensively
- Keep to the upper limit of 300 min of moderate-intensity activity or 150 min of vigorous-intensity activity per week
- Avoid being an active “couch potato”!



What's new?

Updates in the SG physical activity guideline (2022)



Previous guideline (2011)	VS	What's new (2022)
150 minutes of moderate-intensity OR 75 minutes of vigorous-intensity <ul style="list-style-type: none">• Minimum bouts of 10 minutes		150 - 300 minutes of moderate- or vigorous-intensity <ul style="list-style-type: none">• No minimum duration
≥ 2 days/week No minimal intensity mentioned		≥ 2 days/week At moderate- or vigorous-intensity
2 to 3 days/week, ideally 5 to 7 days 15 to 30 seconds hold, 2 to 4 repetitions for each major muscle group		
2 to 3 days/week, in individuals with high falls' risk		≥ 3 days/week at a moderate or greater intensity, those age > 50 y.o.



Delayed Onset Muscle Soreness (DOMS)



Pain or soreness that begins to develop 12-24 hours after exercising.

- This means the muscle is repairing!
- Active recovery is your best friend!

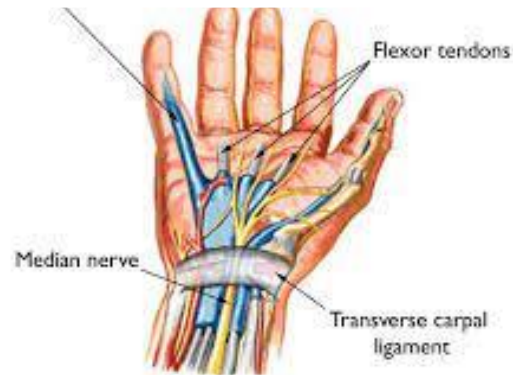
Seek medical attention!

1. Pain is immediate, severe, sharp and localised to area of injury.
2. Severely swollen limbs, sometimes associated with reduced joint movement.
3. Dark coloured urine or reduced production of urine.
4. Pain remains after a week.

Work Related Musculoskeletal Disorders (WMSD)

Any discomfort or persistent pain in the joints, muscles, tendons or other soft tissues.

Common Conditions



Carpal tunnel syndrome



Low back pain



Neck pain

An illustration of a person sitting at a desk in profile, facing right. The person is wearing a teal long-sleeved shirt and dark pants. A dashed white line traces the spine and neck, with a vertical line extending from the top of the head. A light blue cone of light emanates from the eyes, hitting a computer monitor. The desk has a keyboard, a mouse, and a coffee cup. The person's feet are on a footrest. Several callout boxes with orange borders provide ergonomic guidelines.

Back straight/slightly reclined (95-110°)

Shoulders abducted > 20°

Elbows flexed at 90-100°

Monitors placed perpendicular to the window to minimize glare

Avoid wrist extension or deviation > 15°

Legs perpendicular to the floor

Thighs parallel to the floor

Hip joint slightly higher than knee joint

Forearm pronated with wrist, hand and forearm in straight line with work item

Feet should rest flat on the floor or a footrest

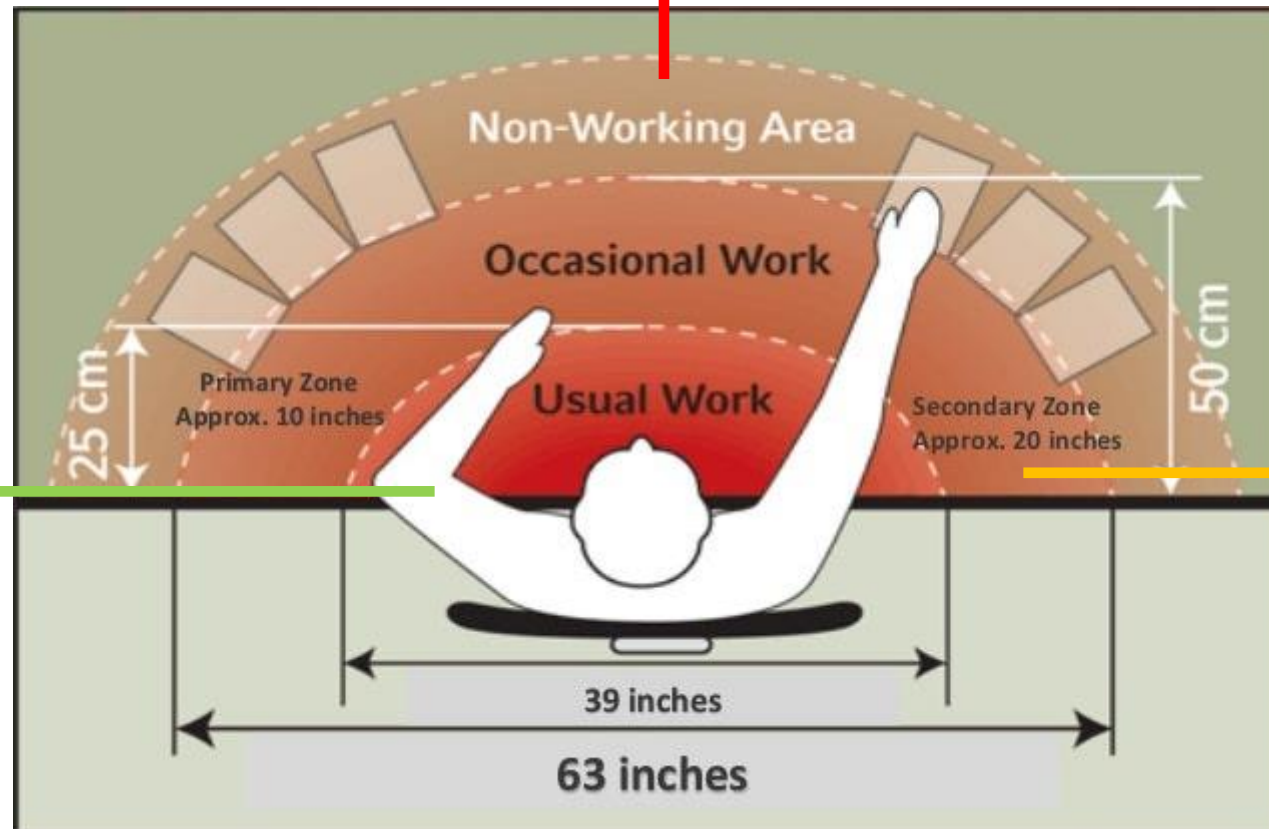
Work Zones

3 key areas

Area that you can comfortably reach when sitting back in your chair with your elbows relaxed. This is where most frequently used items should be placed.

- Items:
- Keyboard
 - Mouse
 - Notepad
 - Pen

Anywhere outside of the primary and secondary zones that encourages leaning and reaching. This increases risk of repetitive awkward movements that may lead to discomfort.



Items:

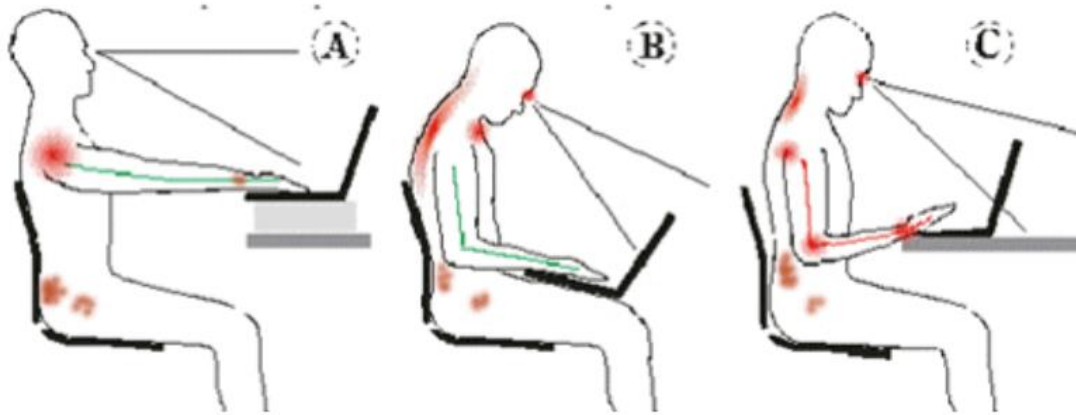
- Accessory- based
- Lights
- Organisers
- Plants
- Personal belongings
- Rarely used stationery

Area that can be reached with your back still in contact with your chair and your arms extended.

Items:

- Cup of water
- Phone
- Reference materials

Common Issues



Head up, but arms up causing shoulder pain and overreach

Arms down, but head down causing neck and upper back tension

Head up and arms lower, now resting on table cutting circulation off to hands



NEUTRAL



OVER-EXTENDED



FLEXED



Tips to Start Exercising and Increase Physical Activity

1. Plan

Realistic and achievable goals for a week

Exercises

- 2 Days/week
- 20-30 mins/day
- Low intensity/duration
- Small variety
- Start with familiar exercises

Physical activities

- Climb stairs
- Housework
- 10k steps/day
- Reduce sitting

Tips to Start Exercising and Increase Physical Activity

2. Facilitate

Make it easier for future you!

Exercises

- Have equipment ready, within reach
- Scout for a conducive environment
- Invite friends/family
- Have an OOTD
- Music

Physical activities

- Know where the staircases are
- Use watch/phone to monitor step count
- Include walks into routines
- Alarm for stretch breaks
- Standing desk

Tips to Start Exercising and Increase Physical Activity

3. Progress

You're getting better!

Exercises

- Increase to 4-5x/week
- Increase distance/intensity
- Increase variety
- REMEMBER to Rest!

Physical activities

- Stairs > Lift
- Try walking home from work
- Increase intensity/frequency of stretch breaks
- Improve consistency