BeUpstanding™

THE UNIVERSITY OF QUEENSLAND
AUSTRALIA

Dear boss,

I've come across an exciting free workplace initiative that will help us create a healthier and happier workplace. And it's as simple as getting people to stand up, sit less, and move more.

Put together by the clever researchers at The University of Queensland, the BeUpstanding Champion Toolkit is 100% free, and has everything we need to run our very own BeUpstanding workplace program. As part of a fully guided process, the Champion Toolkit contains posters, videos, email templates, surveys and more.

All we need is a Champion who can dedicate half an hour per week for the next 3 months, a support team, and the backing of management to get behind the program and lead by example.

That's it! No big investment in stand up desks or other equipment. There are some premium options if we need a customised solution, but otherwise everything we need to get started is here.

If you want more info here is a quick intro video; https://vimeo.com/224430812 and a link to their web site: http://www.beupstanding.com.au

Otherwise, if you're happy for me to take this on, I'd love to be our BeUpstanding Champion. So just reply with a yes, and I'll take care of the rest.

How much is too much sitting costing you and your employer?

Our modern lifestyles mean we are now sitting more than ever

75% of the workday is spent sitting

LESS THAN 50% of the day spent sitting is what research tells us we should be aiming for

95% of workers want to sit less

The hazards of too much sitting

When we sit too much, our blood flows slower, our muscles burn less fat, metabolism winds down, and our brain function slows, leading to serious short and long term impacts

2 × higher rates of neck pain with prolonged sitting

47% increased risk of depression

191% increased risk of chronic illness including diabetes, heart disease, some cancers

Work-related injury & illness costs Australian workplaces
$60 BILLION EACH YEAR
Musculoskeletal disorders account for well over half

9 × MORE SICK DAYS
in workers with chronic conditions or injury

The cost of absenteeism to Australian workplaces is
$7 BILLION

Version 1.0 | © The University of Queensland 2017