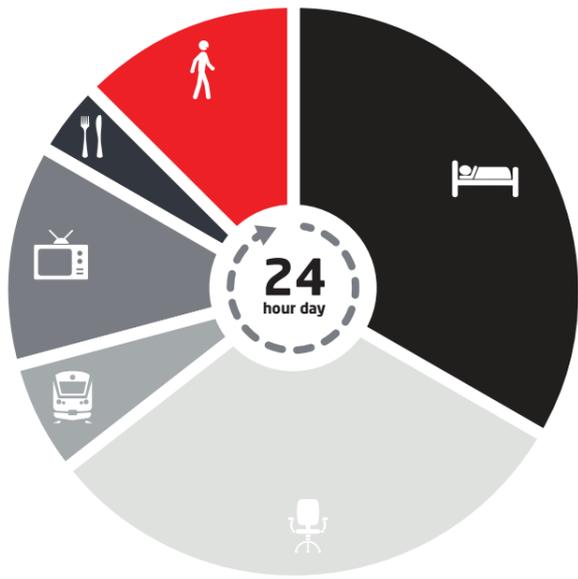


# The HÅG Guide to Workplace Wellbeing



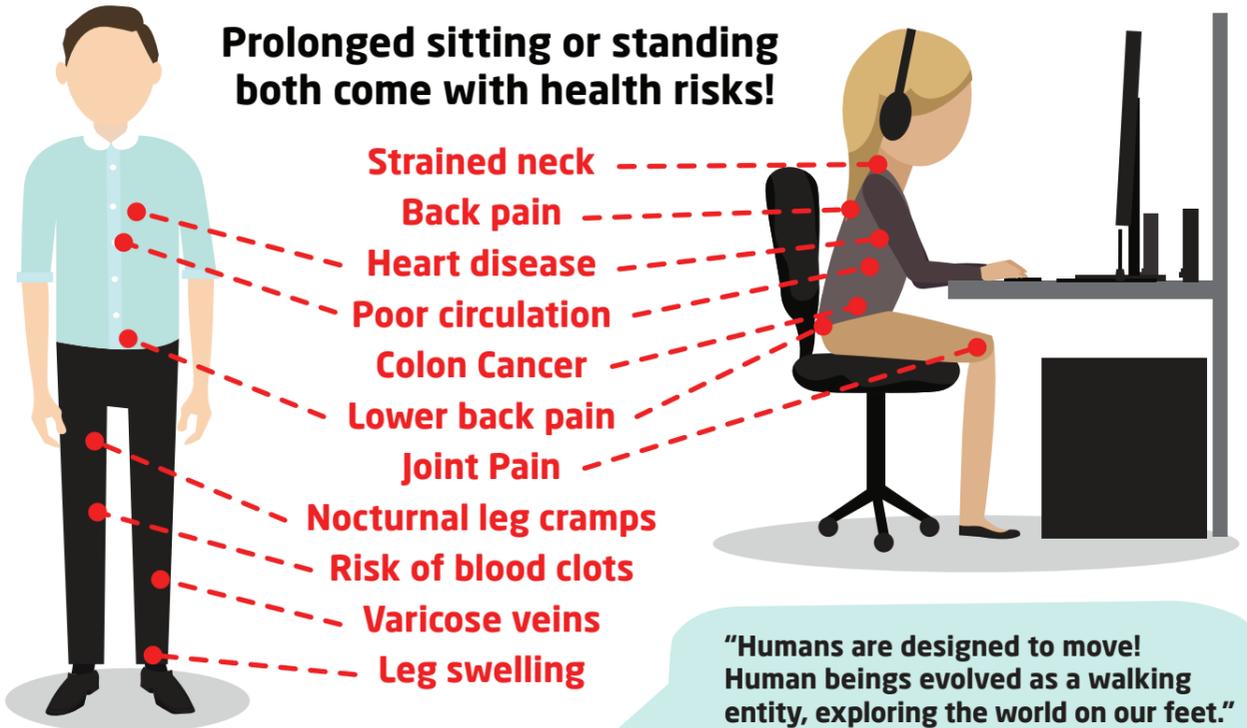
## The 'Sitting Disease'

How sedentary is the average person each day?



**Yet standing is not the key to reversing the effects of prolonged sitting. Standing all day long also has negative effects on our bodies!..**

**Prolonged sitting or standing both come with health risks!**



**"Humans are designed to move! Human beings evolved as a walking entity, exploring the world on our feet."**  
James Levine - MD & author of Get UP!

**So what can you do?**



**▲ back to being sedentary**

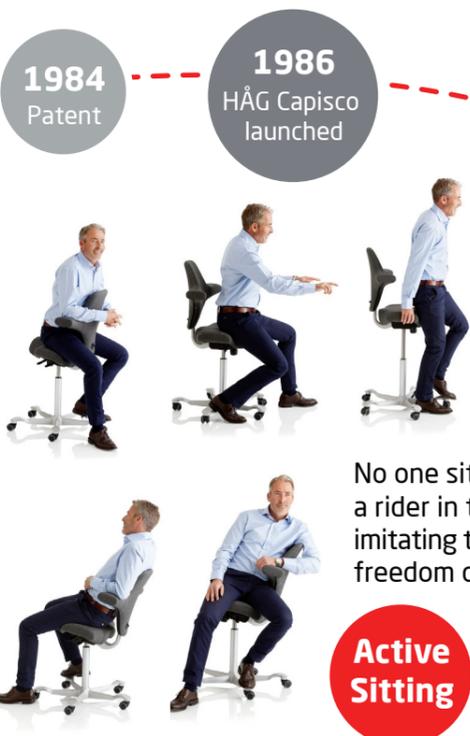
Exercising for 30 minutes a day will not counteract the effects of inactivity during the rest of your day.

We must **ALTERNATE** between the sitting and standing position



## Why is the HÅG Capisco for you?

**30 years in the making**



No one sits as actively as a rider in the saddle and by imitating this we can increase freedom of movement.

**Peter Opsvik's** contribution was to create a chair that inspired varied sitting positions. His goal was to **move the human body.**

Designed by **Peter Opsvik**  
"Your next sitting position is best"

**The Chair**  
Inspired by a horse rider's saddle and sitting position



It is important to have an office chair which promotes active sitting. We call this the **HÅG Movement.**

## Top Tips for Staying Healthy at Work

1. Learn how to adjust your chair and unlock the tilting function
2. Keep moving! Sit in as many positions as you can.
3. Make sure your chair helps you to sit upright
4. Don't sit or stand all day, you must alternate between the two
5. Get up and chat to your colleagues instead of emailing them
6. Eat well and plan your lunches
7. New to sit stand? Why not stand for 20 minutes in the morning while you clear your inbox and again after lunch?
8. Drink lots of water! And walk to the water cooler that's furthest away from your desk
9. Set an alert for every 30 minutes to remind you to check your posture, change from sitting to standing or to stretch!
10. Take the stairs whenever possible



[www.hag-uk.co.uk](http://www.hag-uk.co.uk)

THE HÅG MOVEMENT

**HÅG**