

Below was published in The West Australian newspaper on Wednesday, 21st January 2015:

“Teach them to think on their feet

Growing concerns about the damaging health effects of sitting too long means effort may need to be put in to “set up” this generation of students for future workplaces that may require standing or walking on a treadmill or using an exercise bike while on the computer. “Basically, moving while they are working and in between as well,” Professor Straker said. “It would be a great habit to get children into so when they get to the workforce that is normal for them and they have got a whole life habit set up that is really going to help their longevity and health.”

Globally, about 2 per cent of deaths are related to traditional work-related risks like falls and pollutants, while about 6 per cent are related to too much sitting.

Try to provide work surfaces that allow students to stand up while working. “Often there are cupboards in classrooms that are the right height, where they store art materials, and often they can be used as a work surface,” Professor Straker said.

In some WA schools, specially designed, less-comfortable wobble stools are used to encourage trunk movement and standing up, Professor Straker said.”

<http://health.thewest.com.au/news/1773/class-revolution>

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