



# Ever wondered what sitting at a desk all day does to your health?

If you are **MALE** and **AGED 35-55 YEARS** this study is for you!

## SOS (Sit or Stand) @ Work Study

Baker IDI Heart and Diabetes Institute are currently recruiting males aged 35-55 years to participate in a novel study examining whether reducing workplace sedentary time (prolonged sitting) through increased bouts of standing during the workday can help improve markers of heart health. This study is being funded by the National Heart Foundation.

### What's Involved?

- Work in an office located at Baker IDI's Healthy Lifestyle Research Centre (L4, Alfred Centre Bld) for a total of 10 work days
- For 5 workdays, perform usual work duties in a seated (desk-bound) posture without standing/ambulation (except for toilet breaks) (**condition 1**)
- For 5 workdays, perform usual work duties while alternating between a seated and standing work posture every 30 minutes using an electric height adjustable desk (**condition 2**).
- Provide blood samples at the beginning and end of each condition.
- Have energy expenditure in a standing and seated work posture measured on two occasions.
- Have work productivity and fatigue levels measured(via self-report) at the end of each condition.

### Who can participate?

- Males who sit at work for >4 hours a day
- Employed full-time in a typically sedentary (desk-bound) role
- Able to relocate to Baker IDI (L4, Alfred Centre Bld) for the duration of the study and perform usual work duties in a simulated office setting (*computers and office equipment will be provided*)
- Aged 35-55 years
- Have a BMI >25 kg/m<sup>2</sup>
- Not taking any lipid, glucose or blood pressure lowering medication
- Not regularly exercising (>300 mins/week of moderate-to-vigorous activity)
- Non smoker
- Don't have a history of CVD, diabetes, musculoskeletal injury

***If you don't fit the criteria but know someone who does..... we want to hear from them!***

**For further information, interested persons should contact:**

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