

WHY MOVE?

SITTING

YOU
SIT

more than
you

SLEEP

people spend

3/4

OF THEIR DAY
SITTING

8/10

workers experience back pain

AT SOME POINT IN THEIR CAREER

BREAKING IT DOWN

3.5
MILLION

WORKING DAYS ARE LOST
EVERY YEAR DUE TO
WORK-RELATED UPPER LIMB
OR NECK DISORDERS,
APPROXIMATELY.

25%

OF ADULTS EXPERIENCE
LOWER-BACK PAIN IN
ANY GIVEN 3 MONTH PERIOD.

SOURCE: HERMAN MILLER

CONTINENTAL
OFFICE ENVIRONMENTS

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