



# Moving More Vs Sitting Less

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A photograph of a forest path. The path is a narrow, dirt trail that curves through a dense forest. The ground is covered in dark brown soil and small stones. On either side of the path, the forest floor is lush with green ferns and other low-lying plants. Tall, slender tree trunks rise vertically from the forest floor, their bark appearing dark and textured. The background is shrouded in a thick, white mist or fog, which softens the details of the distant trees and creates a sense of depth and mystery. The overall lighting is soft and diffused, typical of a misty day in a forest.

**Take a deep breath.**

**In this  
presentation, we  
will address  
how to:**

- become happier and healthier at work.
- hurt less during work.
- move more with less time.

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**Movement is life  
and  
to move is to live.**

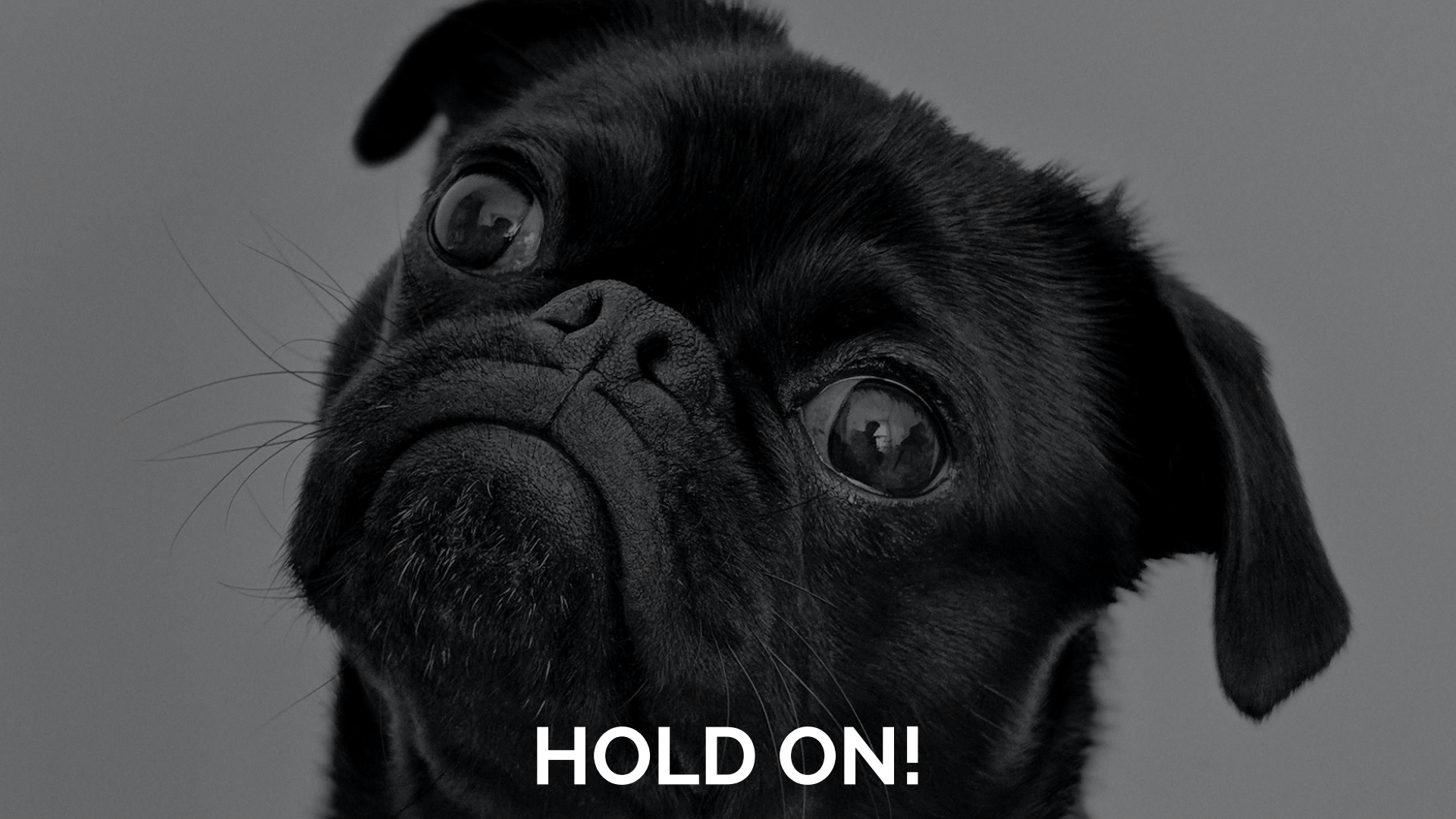




80% of adults don't  
meet their physical  
activity  
requirements.

-hhs.gov





**HOLD ON!**





# 15 hours

11+ hours of sitting per day shows 40%  
increased risk of mortality.





**Knowledge without  
action is useless  
and irrelevant.**

**-A.P.J Abdul Kalam**



A man and a young girl are in a field of tall, dry grass. The man, wearing a teal t-shirt with a graphic, light-colored shorts, and a baseball cap, is standing and looking down at the girl. The girl, with red hair in a ponytail, is wearing a black shirt and patterned shorts, and is looking away from the man. The text "Why do we move?" is overlaid in the center of the image.


Why do we move?



A young man with long hair, wearing a grey cap, brown sunglasses, and a maroon jacket over a plaid shirt, is holding a red bicycle. He is standing in a park with green trees and a blurred background. The text "How do we move?" is overlaid on a semi-transparent white box on the left side of the image.

**How do we move?**





**Move within your  
means.**



A Siamese cat with light cream fur and dark brown points on its face, ears, and paws is captured in a full-body stretch on a reddish-brown brick surface. The cat's front legs are extended far forward, and its hind legs are also stretched out, with its back arched upwards. The background is a soft-focus green, suggesting foliage. A semi-transparent white rectangular box is positioned on the left side of the image, partially covering the cat's head and front legs.

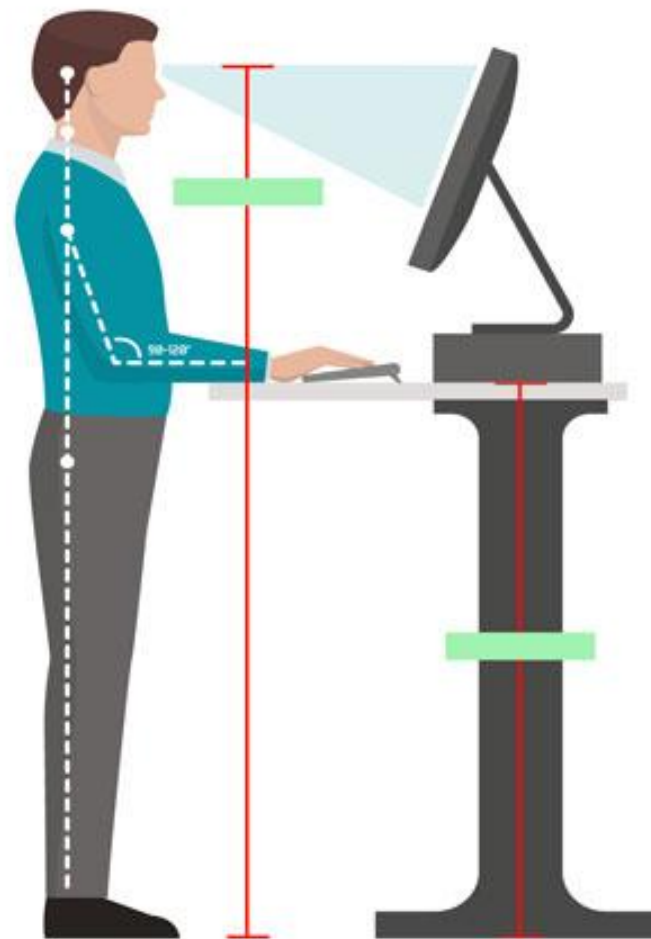
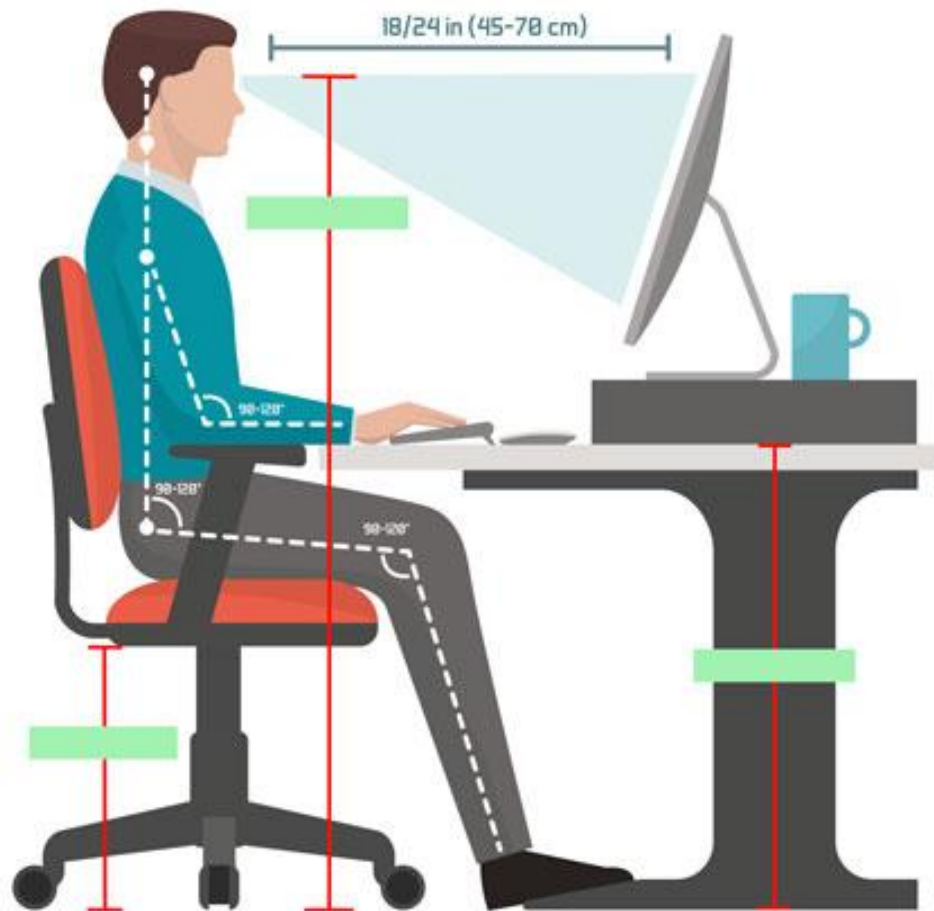
**Movement Break!**

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What is good  
posture?







**Frequent and consistent movement is vital to  
maintaining health.**

Move every 20 minutes.





Where do we move?

















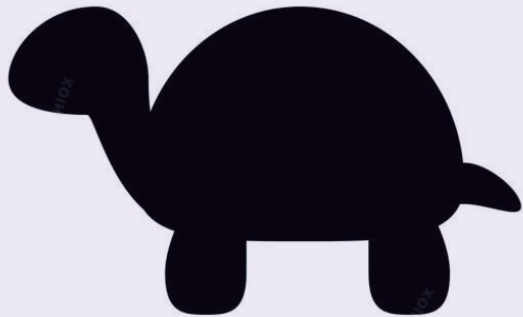
A modern living room interior. Two armchairs with a dark, leafy pattern and red cushions are positioned on either side of a low, square coffee table. The coffee table has a white top and a metal frame. On the table sits a red vase with red flowers. A tall, thin floor lamp with a white shade stands behind the coffee table. A large, abstract painting with dark, swirling colors hangs on the wall. The room has light-colored walls and a light-colored rug. The text "Setting Up Your Environment for Movement" is overlaid in the center of the image.

# Setting Up Your Environment for Movement



# Key movement principle

**Frequency and consistency trump  
intensity.**







1.5 hour CrossFit class



6 hours of board games



6 hours of chores



**Over a 6 hour period, chores were found to burn the highest amount of calories.**



# **Solutions for WFH**



The image features a white background on the left and a purple background on the right, separated by a diagonal line. The purple background is filled with a repeating pattern of small, light purple circles.

**For Work  
Activities**



**Set task or time goals, then move  
for a bit.**



Plan your movement  
to some degree, like  
a walk, squatting, or  
chores.



A person with blonde hair, wearing a light pink shirt, is shown from the chest up, holding a small white cup with both hands and drinking from it. The cup has some black text and graphics on it, including the word "HOCKEY" and some numbers. The background is a plain, light gray.

**Increase water  
consumption—reduce  
cup size to move more.**





**Set up your  
desk for ease  
of movement  
(reduce  
clutter).**

The image features a white background on the left and a purple background on the right, separated by a diagonal line. The purple background is filled with a repeating pattern of small, light-purple circles.

**For  
Non-Work  
Activities**



A photograph of a laundromat with rows of white front-loading washing machines. A person's legs, wearing blue jeans and brown shoes, are sticking out of one of the machines. In the foreground, there is a metal laundry cart filled with clothes. The background shows a typical laundromat setting with a ceiling fan and a door.

**Use chores as  
movement.**

**The more  
manual tools  
you use, the  
more  
movement it  
requires.**





**Plate food  
in kitchen  
before you  
sit.**






**Stand when putting on your shoes.**





**Park slightly further at the  
grocery store.**

A man with glasses and a beard, wearing a blue and white striped t-shirt, stands with his arms raised in a 'V' shape. In front of him, a young child with dark hair, wearing a grey sweater with green stripes, also has their arms raised and is smiling. The background is a plain, light grey sky. The text 'Ask friends and family to join in for walks and activities.' is overlaid in white, bold, sans-serif font, centered over the man's torso and the child's head.

**Ask friends and  
family to join in for  
walks and  
activities.**

# Other topics we can address

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- Setup and posture while using a smartphone or tablet
- Desk setup for standing and sitting
- Proper lifting technique
- Exercises to reduce age-related conditions (stress and longevity)
- Posture and breathing
- Personalized office setup







# References

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