We’re providing an evidence-based program to change the culture of the workplace.

Why use this free program?
• Improve markers of metabolic health, especially for at-risk employees!
• Increase the ROI of your sit-stand workstations!
• Engage and empower employees to stand and move more at work!
• Partner in cutting edge research!

Get in touch!

Do you have questions or are you interested in signing up?
We’d love to talk! Contact us via email, text, or phone, or go to our study website to find out more information.

Stand & Move at Work
move@asu.edu | 612.437.6126
z.umn.edu/standandmove

This program was developed by researchers at Arizona State University and the University of Minnesota with funding from the National Institutes of Health (NIH).
Program Overview

What is Stand & Move at Work?
• A 12-month program to improve employee health through more standing and moving throughout the workday.
• A phase of a larger national research study to learn about best health program implementation practices

How much does it cost?
• The program is funded by the NIH and is offered at no cost to the employer.
• Some dedicated staff time is required.

Are all worksites eligible?
Your worksite may be eligible if:
• You have 50+ FT employees
• Predominately desk-based jobs
• Employees are in the office 3+ days/wk
• At least half of employee desks are sit-stand workstations

What does our worksite receive?
• Anonymized feedback from the employee surveys
• All study results
• Healthier, engaged employees

Program Implementation:
• Worksite identifies a Champion, an influencer who dedicates 10-20 min per week to implement the program.
• The program is accessible via a secure online platform; see the program dashboard at right!

Program Evaluation:
• Participating employees will complete four surveys over 2 years (20 min per survey).
• 60 randomly selected, willing employees wear an activity monitor for a week and complete a sleep survey each day (2 min per day for a week).
• Champions will facilitate these evaluation activities (30-60 min per survey period).

What is asked of employees?

Role of the Champion

The champions is critical. They dedicate 10-20 min per week to:
• Train: Familiarize themselves with the why’s and how’s of the Stand & Move at Work program
• Launch & Activate: Kick-off the program and engage other employees via step-by-step guides & ready-to-send communications
• Reactivate: Implement pre-designed strategies to change the worksite culture for remaining program year
• Partner in Science!