

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

Why use this free program?

- Engage employees and improve employee health and wellbeing!
- It's effective, customizable, and easy-to-implement!
- Increase the ROI of sit-stand desks, if applicable!
- Improve employee ergonomics!
- Receive on-going feedback on program progress & outcomes!



STAND & move AT WORK™

Get in touch!

Do you have questions or are you interested in getting started?

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

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z.umn.edu/standandmove

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ASU IRB # STUDY00011832



**STAND
& move
AT WORK™**

Free health promotion programming to promote standing & moving during the work day.



STAND & move AT WORK™

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 large, national research study to learn about implementation practices

Why is it free? Are there any costs?

- As the program is being offered as part of an NIH-funded implementation trial, it is free to employers.
- Some dedicated staff time is required.

Are all worksites eligible?

A worksite can be defined as an entire office or an individual department within a larger organization.

Your worksite may be eligible if:

- You have at least 45 FT desk-based employees that share a similar physical and/or virtual work environment.

What does our worksite receive?

- Anonymized feedback from the employee surveys
- All study results
- Healthier, engaged employees

Partnering in Science

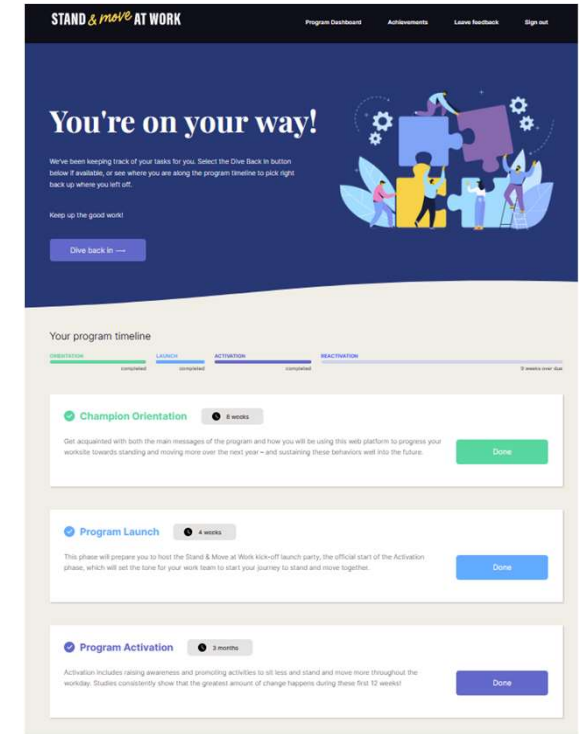
What is asked of employees?

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 (10 – 20 min per survey).
- 30 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).



Role of the Champion

The champions are 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!**