



# Healthy Lifestyles Through Movement and Variety in the Workplace

**CEU Number:** CEU-103900

**Designation:** Health, Safety, Welfare

**Learning Level:** Basic      **Credits:** 0.1

**Subject Code:** 1. Theory & Creativity 3. Human Factors/ Ergonomics

Moving at work used to be a natural part of the job.

Whether people were walking behind a farm plow, working on a factory line, or simply walking across the building to get a file (before email existed), people used to move more at work – without even thinking about it.

With technology and the modern conveniences of today, we've slowly managed to engineer movement out of our jobs, as well as our daily lives, and the impacts are starting to add up in negative ways. Office design (specifically seating) has received a lot of attention as the major culprit, but is that really the issue?

As a company that designs furniture for the next generation of knowledge-workers, izzy+ understands that our bodies were made to move, and furniture and seating need to be designed to follow suit. So we've gathered current research, combined with our own expertise, to create a dynamic conversation about how to design wellness back into the workday.

## **Learning Objectives:**

- 1. Learners will understand how workplace design influences healthy behavior –** exploring how design can directly affect both employer and employee wellness and retention.
- 2. Learners will identify a history of healthy (or unhealthy) patterns –** examining how routines can play both a positive and negative effect in our daily lives and decision-making practices.
- 3. Learners will understand best personal healthy behaviors –** simple self-awareness tools can aid in cultivating healthier habits in the workplace.
- 4. Learners will identify best seating for encouraging movement and proper alignment –** because there is no one-size-fits-all approach to specifying seating with so many unique user-needs that need to be considered.