The project was instigated by the prevalence of neck, joint, and lower back problems, as well as obesity and its associated illnesses, among the staff and students at the University of Turku, Finland. All of these problems are related to long periods of sitting during lectures and over the course of a working day, as well as during free-time.

The issue was considered by the Turku FSHS and University of Turku Sports, with the decision made to instigate a project designed to inform students and personnel about the risks associated with sitting down too much. The aim of the project was to get the students and personnel to reduce the time they spent sitting and to actively take breaks from sitting. Standing up needs to be an acceptable part of lectures and work!

The Bottoms Up project also attempted to impact spatial design in such a way that standing would be more possible while studying and during work. Reducing the time we spend sitting helps promote wellbeing and weight management, as well as alleviates musculoskeletal ailments.

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yth.s.fi/pylly_ylos
intranet.utu.fi/pylly-ylos

“HOW MANY HOURS A DAY DO YOU SPEND SITTING DOWN?”

We Finns love sitting down. As adults, we spend 80 per cent of our life on our bottom, but it’s not very good for us.

Be good to yourself and sit less!
Get a glass of water, walk to the printer. Take a break from sitting a few times every hour. If you can’t think of anything specific to do, why not try stretching your limbs for a few minutes.

TIP!
Get a glass of water, walk to the printer.
Take a break from sitting a few times every hour. If you can’t think of anything specific to do, why not try stretching your limbs for a few minutes.

TIP!
Suggest going for a walk with others!
Chat with a friend or have a meeting with a colleague on the go. Make a new routine out of walking sessions.

TIP!
Standing up for just a few minutes increases your body’s energy consumption by 10–13 per cent.
Standing also improves the blood flow to your brain.
Standing stabilises your blood sugar levels and reduces cholesterol.
Taking short breaks can effectively prevent some of the problems caused by sitting.
You use 3-5 per cent more energy walking than while sitting down.
Regularly standing up can even take up to four centimetres off your waistline!

TIP!
Do ten squats every day!
Stimulate blood flow to your legs and throughout your whole body with a few squats during breaks.

WE FINNS SIT DOWN FOR 80 PER CENT OF OUR WAKING HOURS, AND IT DOESN’T DO US ANY GOOD AT ALL.

Sitting down for extended periods negatively affects our health. Sitting down leads to:
• Weight gain
• Eating more snacks in front of the TV
• Fatigue
• Our metabolism slowing down
• Neck, joint, and back problems
• Increased risk of heart or vascular diseases
• Increased likelihood of type 2 diabetes

STAND UP TWICE AN HOUR.
EVEN A COUPLE OF MINUTES CAN WORK WONDERS!