

BeUpstanding Join the stand at work revolution!

What is BeUpstanding?

BeUpstanding is an evidence-based workplace initiative designed to help Aussie workers stand up, sit less and move more.

This free, three-month program guides teams to choose strategies to sit less and move more that best suit their unique workplace and culture. All you need is management on board and a workplace champion to run the program.

By signing up, you will receive support from experts at The University of Queensland and be part of a world-first research study.

Why stand up, sit less and move more?

Research shows that long periods of sitting have serious health consequences including an increased risk of heart disease, type 2 diabetes, and early death. Guidelines now recommend adults move more and sit less for their health and wellbeing.



Nominate your workplace champion and sign up at beupstanding.com.au

The benefits

Initial program results show that BeUpstanding works!

40 mins

reduced sitting time at work per day (on average)

71% of staff

reported a positive impact on team culture

35% of staff

reported a reduction in stress

37% of staff

reported being more creative

84% of staff

enjoyed participating in BeUpstanding

By participating your team will gain access to:



Expert coaching and regular phone support



Simple evaluation tools to measure your workplace changes



Detailed reports to help your team celebrate their achievements



The BeUpstanding Champion Toolkit with posters, videos, email and policy templates, and much more to help you implement BeUpstanding into business-as-usual.

Join the stand at work revolution and lead the way in improving health and wellbeing in your industry and workplace by supporting your staff to sit less and move more.

The BeUpstanding program is based on world-leading research conducted at The University of Queensland and Baker Heart and Diabetes Institute in collaboration with Deakin University, the Australian Government and industry. The BeUpstanding program is currently being evaluated as part of a national implementation trial funded by the National Health and Medical Research Council (NHMRC) and supported by Comcare, Safe Work Australia, the Queensland Office of Industrial Relations, VicHealth, Healthier Workplace WA, The University of Queensland, Baker Heart & Diabetes Institute, Deakin University, and Curtin University. By taking part in BeUpstanding you are helping to inform workplace policies and practices around sitting and moving and contributing to the stand at work revolution.

BeUpstanding journey map

Preliminary stage

- Nominate a workplace champion to implement the BeUpstanding program.
- One champion per a maximum of 100 staff is recommended.
- The champion signs up to the free BeUpstanding toolkit and gains access to all the tools and resources required to create and sustain a dynamic work environment.

Who's involved?

Champion

Planning stage

- The champion co-ordinates a 1 hour workshop/consultation activities with staff to encourage more movement in the workplace. We guide you, but YOU and your team decide what changes will work best.

Who's involved?

Champion | Management | All staff

Action stage

- The champion promotes BeUpstanding for 2 months.
- The champion spreads the message through a series of engaging and informative emails, and posters available via the BeUpstanding toolkit.
- The champion and staff complete post-program surveys online.

Who's involved?

Champion | All staff

9 Month review

- Champion interview (20 mins)
- All staff survey (15 mins)



Support calls from BeUpstanding Team

Creating more movement in your workplace is easy – we provide all of the information, assets and support you need. Gain access to expert advice and extensive promotional materials via our free online toolkit.