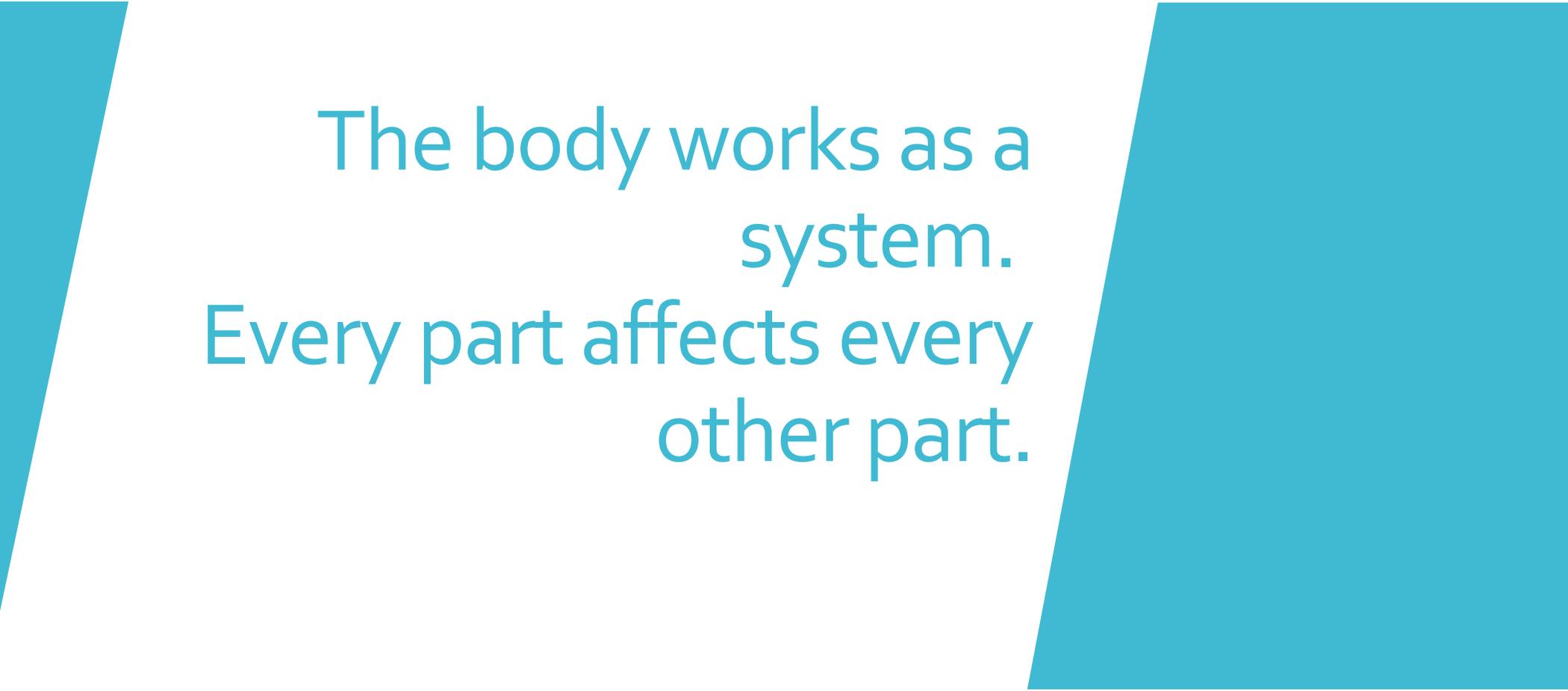


Out of the Comfort Zone

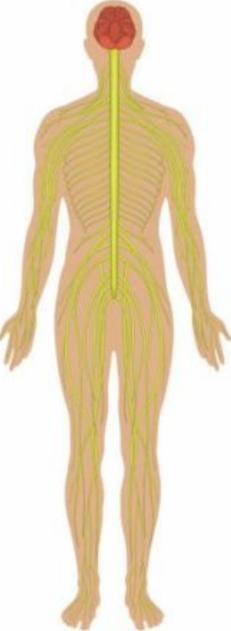
How movement impacts our health, and how design can play a role



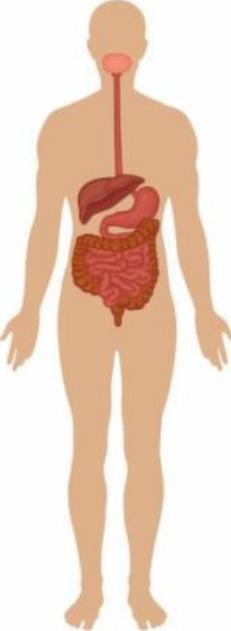
The body works as a
system.
Every part affects every
other part.

Human Body Systems

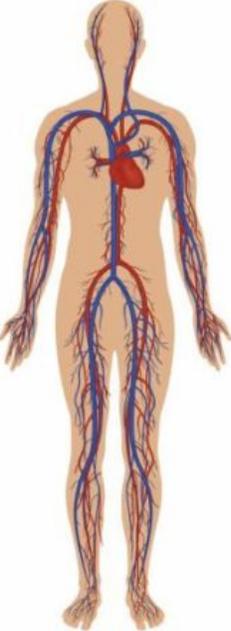
Nervous System



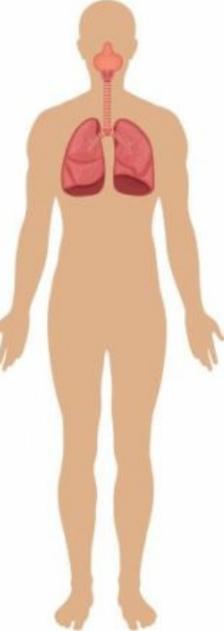
Digestive System



Muscular System



Respiratory System



Skeletal System



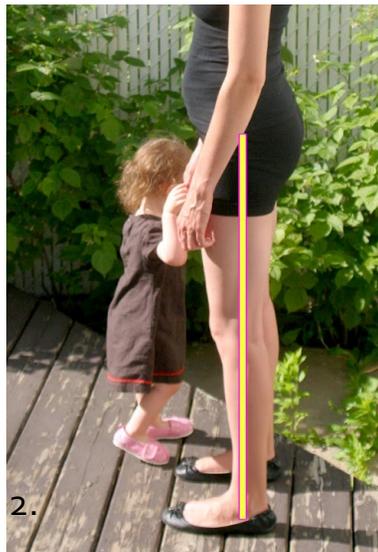
Circulatory System

Four small and easy adjustments to start moving more of yourself throughout the day at work.

1.



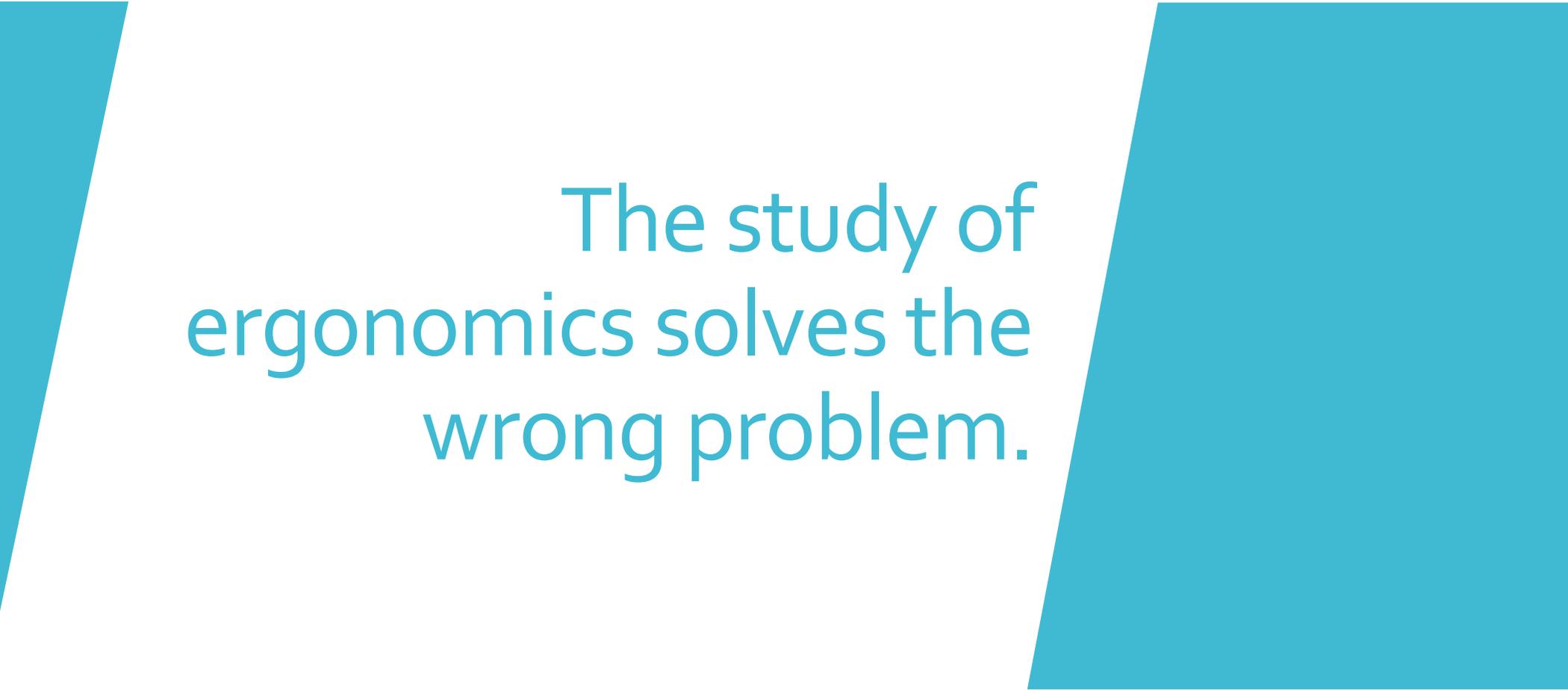
3.



2.

4.

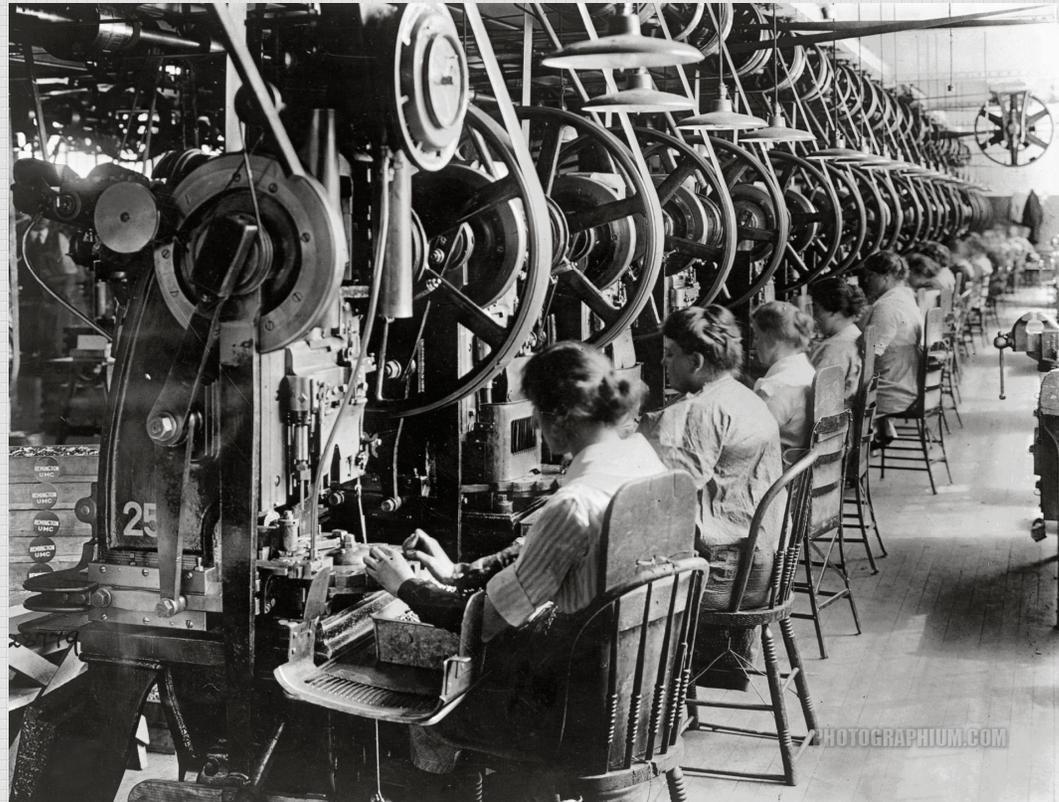




The study of
ergonomics solves the
wrong problem.

In 1857 Polish scholar
Wojciech Jastrzębowski
coined the term
“Ergonomics”: the Science of
Work.

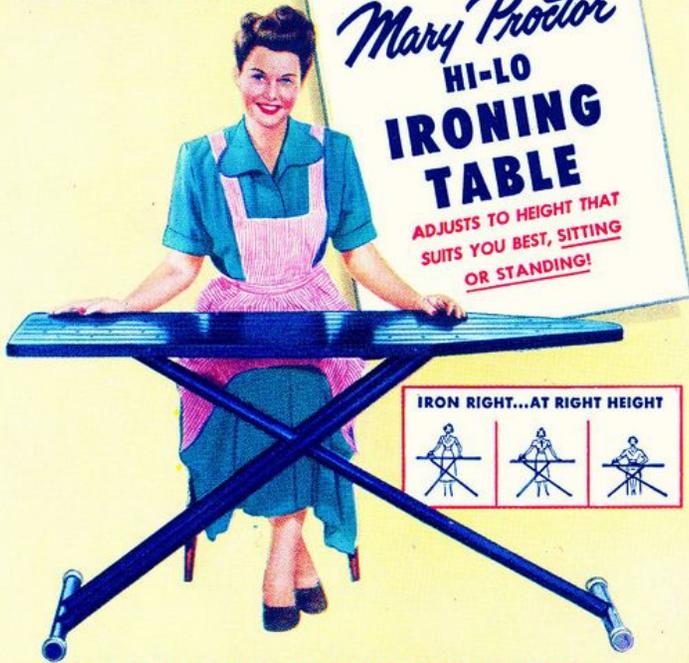
Derived: from the Greek
ergon (work) and nomos
(principle or law)



**ENDS IRONING BACKACHE
AND FATIGUE!**

Mary Proctor
**HI-LO
IRONING
TABLE**

**ADJUSTS TO HEIGHT THAT
SUITS YOU BEST, SITTING
OR STANDING!**



NEVER BEFORE AN IRONING TABLE SO COMFORTABLE!

1950s

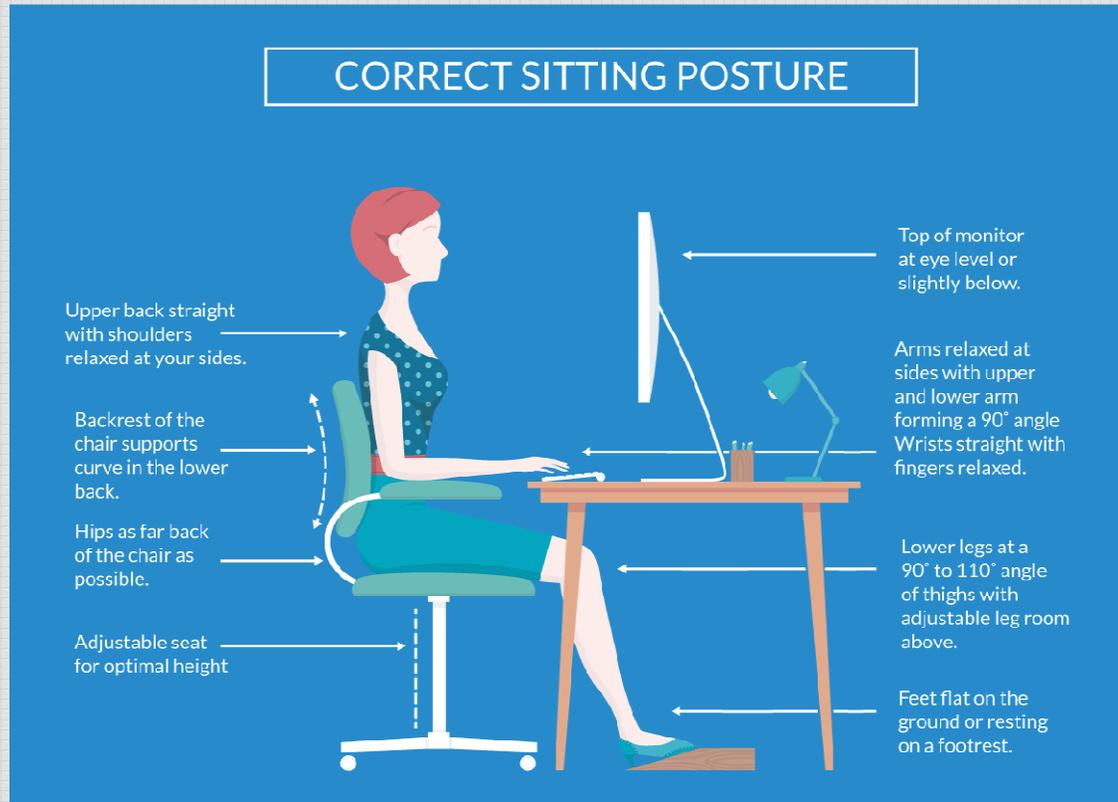
1960s



1971

OSHA[®]
Occupational Safety
and Health Administration

Present



The image features a white background with two large teal geometric shapes. On the left, a teal triangle points towards the center. On the right, a teal trapezoid is positioned. The text 'Comfort is the enemy to health.' is centered between these shapes in a teal, sans-serif font.

Comfort is the enemy
to health.

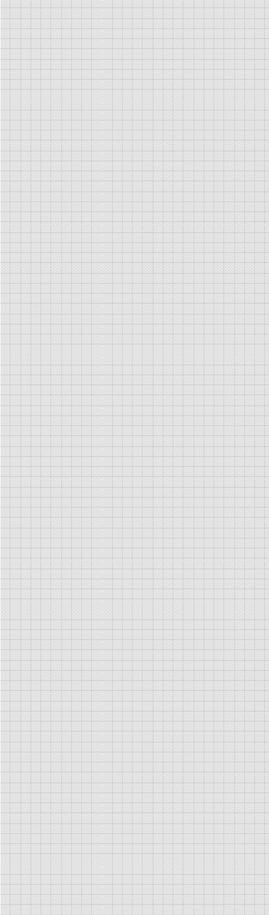
Sitting is the
new smoking.



Inactivity

Energy Conservation





Two Paths Forward

Create policies
that force
people to
move more.

- Corporate buy-in on a grand scale.
- Fitwel and WELL Building certifications are gaining traction but is this enough?

Designing
against
comfort:

Discomfort is
your body
telling you to
move!

- Go beyond sit-to-stand worksurfaces, and balance stools
- Trick the subconscious
- Create the need for small movements throughout the day