ACTIVE WORKING – How Reducing Sedentary Behaviour at Work Improves Wellness & Productivity

Thursday 30th March 2017 • K&L Gates LLP One New Change, London EC4M 9AF

Supported by Dame Sally Davis, Chief Medical Officer for England

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“90% delegates leave inspired by this event”*

*Source: Delegate survey Active Working Summit 2016

Introduction from Dame Carol Black

“Consistent evidence has shown the health benefits of physical activity. We also know about the harms resulting from the lack of activity, from living a sedentary life. Being active is good for us, not just physically – that is obvious – but also for our state of mind, our mental health, and our overall sense of wellbeing.

Being inactive increases the risk of dying early. It is worse than smoking. Fortunately it seems that moderate physical activity of about an hour a day can remove the increased risk of death associated with prolonged sitting time at work. So there are grounds for adding physical activity to the sedentary life in the workplace, where many people are occupied much of the day sitting at a desk.

I am pleased that the Active Working Summit will bring this evidence to wider notice, encouraging changes in working practice that will help promote and safeguard the health and wellbeing of many people.”

Awareness of the issues around sedentary working has grown rapidly. There is now weekly media coverage given to the expanding scientific evidence linking prolonged sitting to both increased employee health risks and productivity issues.

Active Working Summit is now in its 3rd year. A pioneering international thought leadership event officially supported by Dame Sally Davies, Chief Medical Officer England

- Leading developments in health and workplace evidence
- Views on the implications concerning the workplace from key stakeholder organisations
- A variety of solutions and their cost benefit to employers
- Case studies from companies which have made the move to Active Working

Take this opportunity to learn more, familiarise yourself with various solutions & become empowered by best practice. Most importantly, understand how Active Working can deliver measurable improvements in employee health, productivity & engagement.

Last year over 95% of attendees recommended this event.

The Active Working Summit™ 2017 is aimed at senior professionals, opinion leaders and decision makers responsible for wellbeing, productivity, engagement and office work space in companies with a large number of office-based staff.

Active Working can deliver measurable improvements in employee health, productivity & engagement. Today you will have the opportunity to learn lessons on emerging research, best practice and most importantly how to avoid common mistakes.

We hope you will leave more empowered with greater understanding

#AWSummit2017

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### EVENT PROGRAMME – Thursday 30 March 2017

**ACTIVE WORKING** – How Reducing Sedentary Behaviour at Work Improves Wellness & Productivity

#### OPENING ADDRESS:
**Dame Carol Black**
- Opening Address
  - Dame Carol Black, Expert Adviser on Health and Work to NHS England and Public Health England
- Creating Active Workplaces to Improve Population Health and Economic Outcomes
  - Dr Michael Brannan, Deputy National Lead for Adult Health and Wellbeing, Public Health England
- How Far have We Come? A Progress Report. Recent Workplace Evidence – An Overview
  - Gavin Bradley, Founding Director, Active Working CIC
- Public Response to the 2015 Expert Statement and Guidance on Workplace Sedentary Behaviour
  - Commissioned by Active Working CIC
- Stoddart Review – The Vital Contribution of the Workplace as a Performance Inhibitor and Facilitator
  - Peter Brogan, Research and Information Manager, BIFM

#### KEYNOTE SPEECH:
**Professor Alan Hedge**
- Ergonomic Office Workplace Design for Health, Wellness, and Productivity - where do we go from here?
  - Professor Alan Hedge, Director, Human Factors and Ergonomics Laboratory, Cornell University, USA
- Insights from the Stand-Up Victoria Intervention: Lessons Learnt and Recommendations for Research and Practice
  - Professor David Dunstan, Head of Physical Activity, Baker Fellow, NHRI Senior Research Fellow, Baker Heart and Diabetes Institute
- Effectiveness of Recent Strategies to Encourage Office Workers to Sit Less
  - Dr Charlotte Edwardson, Associate Professor in Physical Activity, Sedentary Behaviour and Health, Diabetes Research Centre, University of Leicester
- Stand-Up to Work - Research Project Conclusions on Long Term Impacts of Sit-Stand Desks
  - Joanna Frank, Executive Director at Center for Active Design, New York, USA

#### SESSION 1: The Sitting Disease: Is It Now Official?

**Moderator**
- Julian Worricker
  - Broadcaster & Journalist, BBC

#### SESSION 2: Workplace Wellness & Productivity - The Benefits of Sitting Less

**Keynote Speech:**
- Professor James Levine
  - How Best to Build our Active Working Future Together
    - Professor James Levine, Professor of Medicine, Director Obesity Solutions, Mayo Clinic and Arizona State University

#### SESSION 3: Core Solutions and Best Practice

**Moderator**
- Julian Worricker
  - Broadcaster & Journalist, BBC

#### SESSION 4: Workplace of the Future

**Keynote Speech:**
- Professor James Levine
  - How Best to Build our Active Working Future Together
    - Professor James Levine, Professor of Medicine, Director Obesity Solutions, Mayo Clinic and Arizona State University

### Program Details

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*This Programme Will Be Subject to Changes*
EVENT PROGRAMME – THURSDAY 30th March 2017

Moderator:

Julian Worrier
Broadcaster & Journalist, BBC

An Award-winning journalist and broadcaster with over thirty years on-air experience, both in radio and television. Worrier currently presents 'Weekend' on the BBC World Service and appears regularly on the BBC News Channel and Radio 4. (www.JulianWorrier.com)

VIP Speakers:

Dame Carol Black

Dame Carol Black chairs the Board of Think Ahead, the Government’s new fast-stream training programme for Mental Health Social Workers, and the RSSB’s Health and Wellbeing Policy Group. She is a member of the Welsh Government’s Parliamentary Review of Health and Social Care in Wales and Bevan Commission on health in Wales, the board of UK Active, Rand Europe’s Council of Advisers, PwC’s Health Industries Oversight Board, and the Advisory Board of Step up to Serve.

Professor Alan Hedge
Director, Human Factors & Ergonomics Laboratory, Cornell University, USA

Alan Hedge is a Professor in the Department of Design and Environmental Analysis, Cornell University. Prior to joining Cornell, he ran the Graduate Program in Applied Psychology & Ergonomics at Aston University, Birmingham, U.K. From 1990-1993 he was also an Honorary Research Fellow at the Institute of Occupational Health, University of Birmingham, U.K. and he has been a Research Professor in the Departments of Biomedical Engineering & Mechanical & Aerospace Engineering at Syracuse University.

Professor James Levine
Professor of Medicine, Director, Obesity Solutions, Mayo Clinic and Arizona State University

James is a world-renowned expert on sedentary behaviour & leader in obesity research & child advocacy. James has consulted governments including the US President’s Panel & State Department. James has published more than 200 scientific papers, worked on dozens of corporate programs, is author of “Get Up” and invented the treadmill desk and a variety of wearable technologies.

Professor David Dunstan
Head of Physical Activity, Baker Fellow, NHMRC Senior Research Fellow, Baker Heart & Diabetes Institute

Dr Dunstan is an Australian Research Council Future Fellow. He is an Adjunct Professor in the School of Sports Science, Exercise and Health at the University of WA. His research focuses on the role of physical activity and sedentary behaviour in the prevention & management of chronic diseases. Over the past 15 years, Dunstan has established an extensive media profile, including interviews with National Radio, Wall Street Journal, CNN, the New York Times & the LA Times.

Speakers:

Gavin Bradley
Founding Director, Active Working CIC

Gavin is founder of Active Working™ CIC which he set up in 2014 to spearhead thought leadership, key insights and advocacy on sitting time in the workplace. Gavin has 25 years of strategy & consulting experience working with elite football clubs and major corporates including: Liberty Global, Cable & Wireless, Coca Cola and Unilever.

Joanna Frank
Executive Director at Center for Active Design, New York, USA

Joanna Frank is the founding Executive Director of the Center for Active Design (CAD), where she advances design and development practices to foster healthy and engaged communities. Prior to launching CAD, Ms. Frank worked for the City of New York, where her positions included Director of Active Design and Director of the NYC FRESH program. Before working for the City, Ms. Frank was a Partner at Bright City Development, LLC where she was responsible for the development of mixed-use residential buildings using sustainable design criteria. Ms. Frank is a member of the American Heart Association Workplace Health Steering Committee, as well as the Urban Land Institute’s Affordable/Workforce Housing Council.

Peter Brogan
Research & Information Manager, BIFM

An influential Research specialist with unique experience and a sustained record of success in both the public and private sectors. Extensive background in diverse service organisations, managing complex research projects from inception to completion. The BIFM Research and Information team is focused on developing the research, insight and information that will position BIFM as the authoritative voice of the FM profession. I manage the delivery and development of the Institute’s research and content activities.

Dr Benjamin Gardner
Senior Lecturer, Dept. of Psychology, King’s College London

Dr Gardner undertook his undergraduate, postgraduate and doctoral studies at University of Sussex, and was awarded a DPhil (doctorate) in Social Psychology in 2008. His first post-doctoral position was in the Centre for Outcomes Research and Effectiveness at University College London (2007-09), where he worked on a series of projects that sought to use theory to develop understanding of health behaviour change techniques and interventions. In 2009, he became Lecturer in Health Psychology in the UCL Health Behaviour Research Centre, where he worked on a programme of theoretical and applied studies to develop habit theory & habit-based public health interventions. He joined KCL in 2014.

Lee Mason
Chief Executive, CSP Network

A career in sports management including establishing and leading the County Sports Partnerships (CSP) for Buckinghamshire & Milton Keynes and acting as a non-Executive Director including with the English Federation of Disability Sport. Since 2010 Lee has led the work of CSP Network, representing CSPs with key stakeholders, growing the impact and guiding the future direction of the network.

Dr Charlotte Edwardson
Associate Professor in Physical Activity, Sedentary Behaviour and Health, Diabetes Research Centre, University of Leicester

Dr Edwardson’s research focuses on understanding the role of physical activity and sedentary behaviour in the prevention of chronic diseases, designing and evaluating behaviour change interventions and objectively measuring physical activity and sedentary behaviour. She currently holds research grants, totalling £5 million, from the Medical Research Council, National Institute for Health Research, Department of Health and the European Commission.

Dr Nicola Eccles
Co-Founder of CPActive, Director of Research & Lecturer in Health, Wellbeing & Physical Activity

Dr Nicola Eccles is Director of Research at CP Active. Nicola has spent the last fifteen years looking at health behaviour decisions in relation to our daily working patterns and the built environment. Nicola has worked in academia at a range of Universities as lecturer in health and physical activity behaviour and also worked with Sport Scotland, Sport England and Heart Research UK.

Rohit Talwar
CEO, Fast Future

Rohit Talwar is a global futurist, keynote speaker and the CEO of Fast Future Publishing where he is applying the principles of exponential technology to help his clients imagine the future and the world of tomorrow’s technology vs. humanity & co-editor of a forthcoming book The Future of AI in Business.

Dr Michael Brannan
Deputy National Lead for Adult Health and Wellbeing, Public Health England

Mike has worked in the public, private, academic and voluntary sectors and has over a decade of experience as a public health professional holding leadership roles at national, regional and local levels. Prior to public health, Mike had an eclectic background as a biochemist and a public relations consultant.

Dr Rohit Talwar
CEO, Fast Future

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Healthy Thanks to our Sponsors

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sit-stand.com®
STANDING DESK MEGASTORE

Sit-Stand.Com® - the Standing Desk Megastore. We offer free trial, exclusive offers, free posters & corporate discounts. More Choices. Best prices & quality solutions guaranteed. We are exclusive suppliers of the Up/Down DeskPro electric desk series (from only £349 ex VAT), hushdesk and the award winning IMPRINT comfort mat. We include educational and training support for new users. Work smart. Work healthy.

Gold Sponsor

Yo-Yo Desk™ – the best-selling range of quality sit-stand workstations from £183 (ex VAT). Transition simply between sitting / standing at your existing desk with:

- Yo-Yo Desk GO™ affix a Single or Double Monitor Screen for unrivalled ergonomic positioning and comfort.

Silver Sponsor

Aeris has devoted itself to revolutionising standing and sitting at the workplace. Our philosophy is simple and effective: more motion! We call this active-dynamic sitting/standing.

Imprint® Comfort Mats is passionate about providing consumers with environmentally friendly anti-fatigue mats that are proven to make everyday life more comfortable and enjoyable.

Steppie is “The Missing Link” which give the full benefit to any sit/stand solution. With a Steppie you stand longer, while dynamic posture suits the body best.

Little Nudge incorporates health tools designed by experts to support companies identify, diagnose & remediate health risks in your office workplace. Tailored to fit your people, processes, technology & locations.

Fellowes Brands™ offer an extensive range of products to equip the workspace. The new Lotus™ Sit-Stand Workstation’s innovative approach to working makes it effortless to add movement to your workday for improved wellness.

FitRoom Express is an original, innovative fitness program for busy professionals providing quick, effective, no sweat workouts for a healthier, happier and more productive workforce.

Take a walk with Active Stand. Soft as a mat & combined with natural movement. Norwegian Active Stand Combi makes standing a pleasure.

Rik Mistry
Head of Business Development, Sit-Stand.Com

Rikesh has a strong back ground in Sports and Wellbeing, predominantly working in BME communities in Warwickshire. He studied Business Management at Coventry University and based his dissertation on ‘How does Health and Wellbeing effect work productivity.’ For the last year Rikesh has been the Head of Business Development for Sit-Stand.Com and has built up a strong knowledge about how companies are reducing sedentary behaviour.

K&L GATES

K&L Gates LLP comprises approximately 2,000 lawyers who practice in fully integrated offices located on five continents. We represent leading global corporations, growth and middle-market companies, capital markets participants & entrepreneurs in every major industry group as well as public sector entities, educational institutions, philanthropic organizations and individuals. Our practice is a robust full market practice — cutting edge, complex and dynamic, at once regional, national and international in scope.

Matleena Livson
Physically active lifestyle Senior Advisor at Finnish Olympic Committee

Matleena has her background in human resources and organisational development as well as HEPA (Health Enhancing Physical Activity) promotion. She is the co-chair of HEPA Europe working group: Workplace HEPA promotion, and was a member of the national expert group that prepared the Finnish recommendations to reduce SB.

Gitte Toft
Director, Steppie

Gitte trained as a physiotherapist, acupuncturist, reflexologist and physiological masseur, running her own clinic for ten years. Gitte then became the National Manager for a Furniture Company, before founding and inventing Steppie, the ‘missing link’ to any sit/stand solution.

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