



## THE STATE OF OUR HEALTH AND VITALITY

### WHILE WORKING FROM HOME

#### WORKING FROM HOME MEANS A LOT OF SITTING DOWN



- > **81%** of working time we spend sitting down
- > **11%** is spent walking
- > **8%** is spent standing

### 46% 11%

exercise at least 5x/week 30 min  
exercise once a week 30 min



**SO MAKE SURE YOU EXERCISE ENOUGH!**

#### WE DO A LOT OF SCREEN WORK

### 7-8 hours

- > **79%** spend more time in front of the computer than they do in the office
- > More than half work **7-8 hours** in front of a screen

#### CHANGE IN SLEEPING PATTERN

- 26%** sleeps longer
- 59%** wakes up later
- 55%** goes to bed later



#### WORK-LIFE BALANCE



- > **59%** experiences a good work-life balance
- > **68%** can let go of work at the end of the day
- > **63%** can unwind after a working day

#### People with a larger or equally large workload in times of corona:

- 78%** has a work rhythm
- 24%** feel that they are never off work
- 26%** are short of time
- 54%** can take a break

#### People with a smaller workload in times of corona:

- 71%** has a work rhythm
- 33%** dreads work
- 33%** thinks about innovations
- 27%** does not feel useful

#### HEALTH ISSUES

##### Most common complaints:

Neck/shoulder pain



Lower back pain



Trouble concentrating



Feeling tired



Headaches



**28%** experiences health issues caused by working from home

#### ENTHUSIASTIC AT WORK

### 78%

is enthusiastic about their work



### 67%

is inspired by their work



### 77%

is proud of the work they do



### 71%

is happy while working

