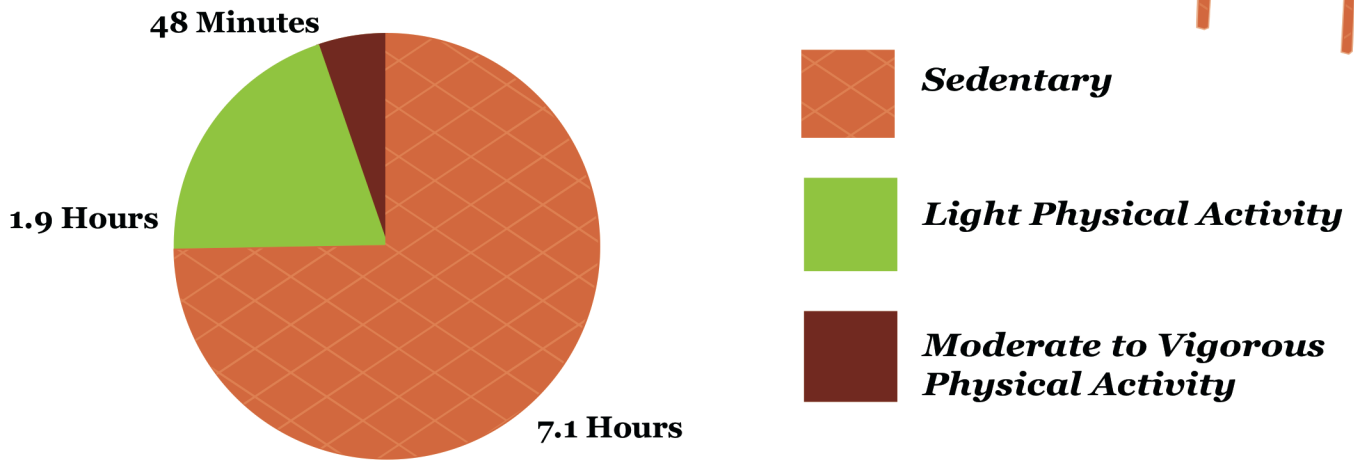


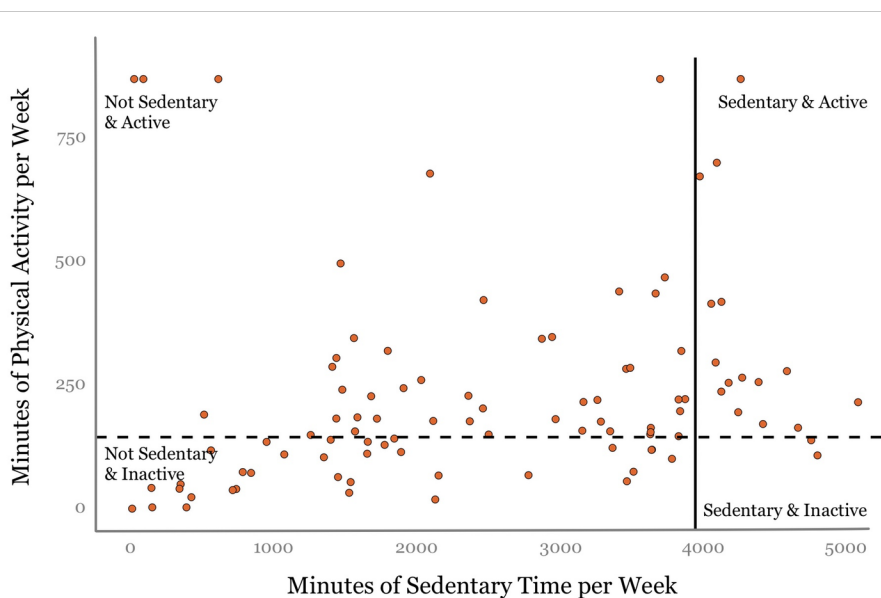
Saskatoon Health Region Healthy Workplace Survey



Saskatoon Health Region Employees spend about 75% of their waking hours sitting or being sedentary.



About 60% of Saskatoon Health Region employees meet the recommended 150 minutes of moderate to vigorous physical activity per week.



Saskatoon Health Region employees are mostly active and sedentary. A reduction of 30 minutes per day in sedentary time would have a large impact on the health of SHR staff.



Sample size was 138 people, 90% female and 46% had a household income >\$100,00. Based on about ten hours of accelerometer wear time.

