HEDGE’S 3S’s IDEAL WORK PATTERN

Move and gently stretch

Stand in neutral postures

Sit in neutral postures

Every 30 minutes

- Sitting: 20
- Standing: 8
- Stretching: 2

For a 7.5 hrs day this gives a total of:
- 5 hours/sitting
- 2 hours of standing
- 0.5 hours of moving
- 16 sit-to-stand transitions

(http://ergo.human.cornell.edu/CUESitStandPrograms.html)