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prevalence of 70% among Australian adults would result in 6000 less

has piloted STUFF with health sciences students at a university in the UK and hope that its introduction will facilitate more research into the social, psychological and health bene ts of reducing sitting time.

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Chia and Suppiah [2] describe a pilot study that involved group of volunteer sta (mixed sex) working at the National Institute of Education (NIE) who had o ce- and desk-bound job descriptions. Using a cross-over and 'random sample-split half' design (4-week intervention-2-week wash out and vice versa), the researchers introduced a commercially available seat cycle to half the sample of volunteers to replace the normal o ce chair and modi ed the work station that involved raising the computer screen to the eye-level of the subject whilst seated on the seat cycle (intervention phase). Following the wash-out period, the sample reverted to the normal desk-chair set up. e modi ed workstation set up allowed the subject to cycle at a self-selected pedal cadence against a minimal resistance, to work on the computer or read, at the same time. e 4-week non-intervention phase involved the normal chair and normal work station arrangement.

e measurements taken in the research included anthropometry, resting heart rate and blood pressure, cycle time, alertness scale taken every hour at the o ce, lower back and disability scales, and sleep quality taken at the start and end of each phase of the research. A summary of yet to be published data showed that there were signi cant improvements for sleep quality, lower back pain, resting blood pressure and daytime alertness for cycling up to 30% of the time spent in the o ce (Chia, Chen and Suppiah, in personal communication).

An associated sub-study showed that the self-selected pedal cadence while reading elicited up to 2.4 times the measured resting oxygen consumption of the subjects who participated in the study (Chia, Chen & Suppiah, in personal communication). e fact that cycling at a self-selected pedal pace against a minimal resistance while reading or working on the computer elicits MET values greater than 2, challenges the general acceptance that desk-bound o ce work is sedentary. In the literature, MET values of activities of less than 1.5 are usually considered as sedentary [3], though researchers have described activities that elicit a response of less than 2 MET values as sedentary [23].

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Koepp et al. [24] studied the impact of replacing traditional o ce desks with treadmill desks on daily physical activity and sedentary