



THE UNIVERSITY
of EDINBURGH

Break it Up! 
Reducing long periods of
desk time whilst working from home

Are you working too comfortably?

Are you working in the administrative / clerical / customer service sector, with no line management duties?

We are interested in learning about the time that people spend sitting when they are working from home, and we are looking for ideas to help those working in desk based roles move more during the occupational day.

We would like to hear from you if you are:

- + Aged 18 to 40
- + Working in a mostly desk based role – e.g. admin, office work, customer service, sales, etc. and have no line management of other staff
- + Employed full time and working at home for more than 50% of your working week
- + Are happy to take part in a 1 hour focus group* using MS Teams

As a token of appreciation for your time and input you will be offered a £30 Love to Shop voucher.

If you would like to take part, please contact Dr Sarah Morton, Senior Research Fellow – sarah.morton@ed.ac.uk to express your interest.

*Please note we will only invite you to participate in one of the groups and this will be based on your role within your organization (i.e. line manager or non-line manager)

