

# The average British adult sits for 9 hours per day

© Active Working, a community interest company registered in England and Wales (No. 09154581).



## Sitting Calculator

Eating (combination of breakfast, lunch and dinner time)

01:00 hour



Commuting

02:00 hour



Working

05:45 hour



Relaxing (including watching TV, online, gaming etc.)

01:30 hour



## How many hours do you sit each day?

CALCULATE

Stand up. Sit less. Move more.

#sitless

OFFICIAL PARTNER

sit-stand  
.com



Get  
Britain  
Standing  
.org