

Prolonged sitting linked to impaired work performance during the COVID-19 pandemic

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In a study published in the *Journal of Occupational Health*, workers who had to sit for long periods of time during the COVID-19 pandemic reported worsened job performance.

In the survey-based study of 14,648 workers in Japan, 15% of workers said that pandemic-related changes in the [work environment](#) worsened their [work performance](#), 4% said it improved their work performance, and 81% said it caused no change. Although telework both improved and worsened performance, sitting for long periods of time was associated only with worsened performance.

"The COVID-19 pandemic provided us a chance to reconsider the traditional working style. As our paper suggested, we should avoid a long sitting duration to maintain performance," said lead author Kenta Wakaizumi, MD, Ph.D., of the Keio University School of Medicine, in Tokyo.

More information: Kenta Wakaizumi et al, Sitting for long periods is associated with impaired work performance during the COVID-19 pandemic, *Journal of Occupational Health* (2021). [DOI: 10.1002/1348-9585.12258](#)

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