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.


This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.