



THE V-EDITION

APRIL 2018

VCSO MONTHLY UPDATE

March has seen some great networking events for VCSO, with the celebration of our Melbourne 35 Collins Street's third birthday and the Melbourne Business Network breakfast, both of which were fantastic successes.

In celebration of International Women's Day, VCSO hosted the Melbourne Business Network's Brekkie Club this month. The event was held at 333 Collins St and was a great way to celebrate this year's theme Press for Progress and acknowledge the achievements of women around the world.

ANZAC Day is also something to look forward to, with it being 100 years since the end of World War One. So this Wednesday 25th April buy a poppy and come down to the city to view or participate in the annual Parade.

WHAT'S HAPPENING

VCSO Update	1
Do sit to stand desks really improve your health?	2
April Promotion	3
VCSO Motivation	4





DO SIT TO STAND DESKS REALLY IMPROVE YOUR HEALTH?

Office workers have been found to spend up to 90% of their working day sitting at a desk (Gregory Garrett, 2016). This can lead to a large variety of health problems which can have negative effects on personal well being and workplace productivity; the ramifications of which can follow you from your workplace and into your home life.

Standing desks are a great way to combat this, and it is one of the reasons why they have been rapidly increasing in popularity.

Here are some reasons why you should consider standing desks for your office today:

Standing desks have been proven to decrease the risk of weight gain, obesity and heart disease. These serious health issues are on the rise in Australia and are predominantly caused by a sedentary lifestyle.

Standing burns nearly half again as many kilojoules per second as opposed to sitting – 3.3kj compared to 2.6kj. In terms of calories, standing for an hour burns around 50 calories, and according to Dr. John Buckley from the University of Chester:

“If you stand for three hours a day for five days that's around 750 calories burnt. Over the course of a year it would add up to about 30,000 extra calories, or around 8lb of fat...that would be the equivalent of running about 10 marathons a year. Just by standing up three or four hours in your day at work” (BBC, 2013)

In addition, back pain is another of the most common complaints that come from office workers and studies have shown that standing desks can dramatically decrease back pain caused by prolonged sitting.

One study found that almost 75% of people working at standing desks noticed a reduction in body discomfort and back pain (University of Texas, 2016). This increase in workplace comfort directly impacts the mindset and positivity that each employee experiences, thus resulting in an increase in productivity.

Throughout many studies, stand up desks have been found to be a likely contributor to increases in employee efficiency. In one study, the effectiveness of standing desk users was found to have increased over time from 23% in the first month to 53% over the next six months (Gregory Garrett, 2016). This was in direct correlation to the feelings of overall health felt by employees as employee well being and moral increased.

How can VCSO help?

VCSO is dedicated to providing flexible office spaces that emphasise the health and well being of our clients. We offer a range of facilities to promote a healthy lifestyle, and work life balance.

Talk to our friendly reception staff today to discuss access to discounted local gym memberships, first class end of trip facilities, free yoga or Tai Chi sessions and of course sit to stand desks.

VCSO IS A PROUD SPONSOR OF THE BUSINESS 3000+ AWARDS

**NOMINATIONS ARE NOW OPEN FOR ONE OF MELBOURNE'S
MOST PRESTIGIOUS BUSINESS AWARDS.**

THE B3000+ AWARDS HAVE A LONG AND SUCCESSFUL HISTORY IN PROMOTING SMALL BUSINESS WITHIN THE MUNICIPALITY OF MELBOURNE.

AWARD CATEGORIES INCLUDE; BUSINESS OF THE YEAR, INNOVATION, NEW BUSINESS, INTERNATIONAL, SOCIAL, FEMALE ENTREPRENEUR AND SUSTAINABILITY.

[CLICK HERE TO ENTER](#)



**"STOP
CHASING
THE
MONEY
AND
START
CHASING
THE
PASSION."**

TONY HSIEAH