

## "It's not an obvious issue is it?" Office-based employees' perceptions of prolonged sitting at work: a qualitative study

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## **Clinical Significance**

The lack of understanding amongst office workers and managers holds clinical significance in terms of the likely health impact of prolonged sitting time at work. Furthermore, the corporate and organisational culture was a powerful moderator of employee's willingness to adopt healthier behaviours at work and thus, may increase health risks.