

Got a meeting? Take a walk

1. Discuss these questions in pairs/groups.

- How much time do you spend on meetings at work daily/weekly?
- What type of meetings do you have? Are they teleconferences, online meetings, 1-on-1 meetings, kitchen meetings, stand-up meetings? Which ones are most common?
- How much of your day do you spend sitting? Think about your work life, commuting and your free time? Do you think you sit too much?
- Would you prefer to have a job in which you sit, or stand and walk? Why?

2. Some people say that there are a lot of disadvantages of working in a modern office. In pairs, create a ranking by putting these disadvantages of office work from 1 (the biggest one) to 8 (the smallest one).

- | | |
|-------------------------------------|--|
| a) limited or no privacy | e) health problems due to sitting |
| b) too much time wasted on meetings | f) a too stressful and dynamic environment |
| c) noise in open-plan offices | g) eating snacks and ready-made meals |
| d) too much overtime | h) causes sight problems (looking at the screen all day) |

3. Watch the first part of the [video](https://youtu.be/iE9HMudybyc) [https://youtu.be/iE9HMudybyc] (to 02:00) and write down what the figures below refer to.

- 9.3 hours a day – that's how much people sit on average
- 10% of breast/colon cancer is caused by lack of physical activity
- 7% of type 2 diabetes is caused by lack of physical activity
- 20-30 miles a week – that's how much people could do on walking meetings



Got a meeting? Take a walk

4. Watch the second part (from 02:00 to 03:18) and complete the gaps with one word each.

- You could take care **of** your health, or you could take care **of** obligations.
- First, there's this amazing thing about actually getting **out** of the box.
- And if we're going to solve problems and look **at** the world really differently.
- So I started this talk talking **about** the tush, so I'll end with the bottom line (...).
- You'll be surprised **at** how fresh air drives fresh thinking.

5. In her talk, Nilofer Merchant uses some colloquial/idiomatic expressions. Try to connect them with their meanings (choose either 1) or 2) for each expression).

- | | |
|----------------------------|--|
| a) tush | 1) rear-end, bottom
2) belly |
| b) get off your duff | 1) stop sitting and drinking beer
2) stand up and start doing things |
| c) huff and puff | 1) be stinking of sweat
2) breathe very hard |
| d) out-of-the-box thinking | 1) original approach to a problem
2) trying to figure out how to escape |
| e) the bottom line | 1) introduction/beginning
2) the main or essential point |

6. In small groups discuss these points related to the talk.

- Do you agree that sitting is the smoking of our generation? Can sitting really be so unhealthy? If so, what can be done to get us off our duffs?
- Nowadays people are sitting 9.3 hours a day, which is more than we're sleeping, at 7.7 hours. How about you? How much do you sleep vs sit?
- How much sport activity do you do? Do you huff and puff after a 15-minute walk or going 4 stories upstairs?
- Why do you think that walking may stimulate out-of-the-box thinking?
- Can you imagine using walking meetings in your work? What could be the problems and the benefits of such a solution?
- What's the bottom line of this TED talk that you will remember?