



desk.coach®

Nudging teams to better performance.



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2023 Finder Awards Innovation Champion – Finalist

“ The most important software a company could have. ”

- CEO Numedico Technologies



Nudge technology

Driving informed healthy habits for better performance.



Inclusive design

For everyone with care. No leveraging insecurities.



Evidence-based tutorial

Designed by experienced Allied Health Professionals.



Preventative approach

Addressing the root cause, no band-aid solutions.

The science supports that long-term sitting habits may have negative impacts on the human body. Sedentary lifestyle risk factors contribute to many chronic diseases, including cancer [1], cardiovascular disease [2], Type 2 Diabetes (T2DM) [3], and musculoskeletal conditions [4], etc.

desk.coach offers over 200 health nudges and behaviour modification tools to help your team mitigate risks associated with sedentary behavior, alleviate workplace stress, and cultivate healthy work habits. We make healthy culture the norm in your business.

[1] Gilchrist, S. C., Howard, V. J., Akinyemiju, T., Judd, S. E., Cushman, M., Hooker, S. P., & Diaz, K. M. (2020). Association of Sedentary Behavior With Cancer Mortality in Middle-aged and Older US Adults. *JAMA Oncology*, 6(8), 1210–1217.

[2] DUNSTAN, D. W., BARR, E. L. M., HEALY, G. N., SALMON, J., SHAW, J. E., BALKAU, B., MAGLIANO, D. J., CAMERON, A. J., ZIMMET, P. Z., & OWEN, N. (2010). Television Viewing Time and Mortality: The Australian Diabetes, Obesity and Lifestyle Study (AusDiab). *Circulation (New York, N.Y.)*, 121(3), 384–391.

[3] Hu, F. B., Li, T. Y., Colditz, G. A., Willett, W. C., & Manson, J. E. (2003). Television Watching and Other Sedentary Behaviors in Relation to Risk of Obesity and Type 2 Diabetes Mellitus in Women. *JAMA: The Journal of the American Medical Association*, 289(14), 1785–1791.

[4] Dzakpasu, F. Q. S., Carver, A., Brakenridge, C. J., Cicuttini, F., Urquhart, D. M., Owen, N., & Dunstan, D. W. (2021). Musculoskeletal pain and sedentary behaviour in occupational and non-occupational settings: a systematic review with meta-analysis. *The International Journal of Behavioral Nutrition and Physical Activity*, 18(1), 159–56.

We offer teams a preventative approach to workplace psychological and physical risk management. Supporting United Nations Sustainable Development Goals (SDGs) 3 and 8 to cultivate inclusive, sustainable teams.

3 GOOD HEALTH AND WELL-BEING



8 DECENT WORK AND ECONOMIC GROWTH



United Nations Sustainable Development Goals
<https://www.un.org/sustainabledevelopment>

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