

ACTIVE 4

active
mind

active
environment

active
behaviour

active
support

Co-design the Work Well-being

Physical inactivity, especially prolonged sedentary behaviour puts many office workers at increased risks for severe health problems such as cardiovascular diseases, Type II diabetes, obesity, and so on. In our previous study, it was found that the Physical inactivity among office workers is a systemic problem, which generally involves four core contextual factors: "active mind" (employee's vitality awareness and attitude), "active behaviour" (employee's preferable active scenarios in reducing prolonged sedentary behaviours), "active support" (the facility/service support provided by the enterprise for office workers to carry out physical activities), "active environment" (the physical environment and social environment provided by the enterprise for employees to enhance physical activity). Taking this ecosystem vision into consideration, systematic approaches are needed to change the sedentary behaviour of office workers. That's why we propose a promising but under-explored opportunity for HCI design "How can HCI technology empower practitioners to gain empathetic insight into the contextual concerns of office workers' physical vitality, and design systematic changes in the vitality ecosystem", and designed a conceptual framework called "ACTIVE4" as the support further discussions with practitioners in co-creation workshops.