



Impact of remote and hybrid work on lifestyle behaviours



8 day(s) to complete

Receive feedback on physical activity levels, your sitting time, and sleep duration and...

Observational

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The study aims to investigate the impact of hybrid/remote working on a range of health-related behaviours, particularly physical activity, sitting time, diet and sleep.

Find out more online

Poster printed on 18/04/2025 Study expires on 31/05/2025

More info
by scanning the QR code
or visiting the URL

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