

Bibliografia di riferimento

1. Coll-Planas L, Blancafort Alias S, Tully M, et al. Exercise referral schemes enhanced by self-management strategies to reduce sedentary behaviour and increase physical activity among community-dwelling older adults from four European countries: protocol for the process evaluation of the SITLESS randomised controlled trial. *BMJ Open* 2019; 9: e027073.
2. Kocur P, Wilski M, Goliwaş M, et al. Influence of forward head posture on myotonometric measurements of superficial neck muscle tone, elasticity, and stiffness in asymptomatic individuals with sedentary jobs. *J Manipulative Physiol Ther* 2019; 42: 195-202.
3. Muir SD, Silva SSM, Woldegiorgis MA, et al. Predictors of success of workplace physical activity interventions: a systematic review. *J Phys Act Health* 2019; 16: 647-56.
4. Nooijen CFJ, Blom V, Ekblom Ö, et al. Improving office workers' mental health and cognition: a 3-arm cluster randomized controlled trial targeting physical activity and sedentary behaviour in multi-component interventions. *BMC Public Health* 2019; 19: 266.
5. Lurati AR. Health issues and injury risks associated with prolonged sitting and sedentary lifestyles. *Workplace Health Saf* 2018; 66: 285-90.
6. Tigbe WW, Granat MH, Sattar N, et al. Time spent in sedentary posture is associated with waist circumference and cardiovascular risk. *Int J Obes (Lond)* 2017; 41: 689-96.
7. Gao L, Nguyen P, Dunstan D, et al. Are office-based workplace interventions designed to reduce sitting time cost-effective primary prevention measures for cardiovascular disease? A systematic review and modelled economic evaluation. *Int J Environ Res Public Health* 2019; 17:16.
8. Dewitt S, Hall J, Smith L, et al. Office workers' experiences of attempts to reduce sitting-time: an exploratory, mixed-methods uncontrolled intervention pilot study. *BMC Public Health* 2019; 19: 819.