



# The Primary Influence Of The Work-From-Home Arrangement On The Physical Well-Being Of New Employees In Corporate Environment.

Vishakha Srivastava<sup>1</sup>, Harsh Mehta<sup>2</sup>, Niketa Chakrabarti<sup>3</sup>

Student<sup>1</sup>, Assistant Professor<sup>2</sup>, Associate Professor<sup>3</sup>

Pearl Academy, Rajouri Garden, New Delhi

**Abstract:** This study has been undertaken to investigate the potential impact of the work-from-home model on the physical health of new entrant employees in corporate settings. With the increasing prevalence of remote work arrangements, understanding their effects on employee well-being is crucial. Utilizing a quantitative approach, the study has examined various factors including ergonomic setup, work-life balance, commute patterns, nicotine consumption, and physical activity levels. Data is collected through surveys to assess the physical health outcomes of new entrant employees. The findings of this study suggest that newer professionals, with 1-3 years of experience, face more challenges, including ergonomic issues, unhealthy habits, and disrupted sleep patterns. This leads to increased junk food consumption, weight gain, nicotine urges, and sleep difficulties. Seasoned professionals, with 5-10 years and over 10 years of experience, adapt better, showing improved physical fitness and fewer health issues. Both groups recognize the need for targeted interventions to manage ergonomic setups, maintain physical health, and optimize productivity while working remotely.

**Keywords:** Work from Home, Remote work, New entrant employees, Corporate employees, Physical health, Ergonomics issues

## 1. INTRODUCTION

In recent years, the landscape of corporate work environments has undergone a profound transformation with the widespread adoption of remote work practices, particularly the work-from-home model. This shift, accelerated by advancements in technology and changes in organizational culture, has offered new opportunities for flexibility and autonomy in the workplace. However, it has also raised concerns regarding its potential impact on various aspects of employee well-being, particularly their physical health.

The physical health of employees is a critical component of overall well-being and has significant implications for both individuals and organizations. As the boundaries between work and personal life become increasingly blurred in remote work settings, understanding the effects of such arrangements on employee health is paramount. This is especially relevant for new entrant employees who may be navigating the transition to

remote work for the first time. Despite the growing prevalence of remote work, empirical research examining its impact on physical health outcomes among new entrant employees in corporate settings remains limited. Therefore, this study aims to address this gap by conducting a comprehensive investigation into the potential effects of the work-from-home model on the physical health of new entrant employees. By exploring various factors such as ergonomic setup, food consumptions, sleep patterns, and physical activity levels, this research seeks to provide insights into the mechanisms through which remote work may influence physical health outcomes. Through the use of a quantitative method approach, including surveys, this study aims to capture a nuanced understanding of the complex relationship between remote work and physical health of new entrant employees.

## 1.1 Aim

Impact of work from home model on new entrant employee's physical health.

## 1.2 Objective

1. To examine the impact of work from home and unhealthy lifestyle choices and focus on the present scenarios of physical health conditions of new entrant employees working in a work from home model.
2. To examine the relationship between the availability of ergonomic office setups in home environments and the occurrence of ergonomic-related discomfort.
3. To evaluate the extent to which the lack of regular commute patterns and decreased physical activity opportunities contribute to changes in physical fitness among participants.

## 2. Literature Review

1. The COVID-19 pandemic forced a rapid shift to remote work, impacting physical and mental health due to less activity, more junk food, reduced coworker interaction, and childcare duties. Distractions also hurt mental well-being. Many reported new health issues, especially women and lower earners. Factors like workspace setup and indoor environment quality influenced health outcomes. This study highlights WFH health challenges and suggests improvements. (Xiao, Y., Becerik-Gerber, B., Lucas, G. and Roll, S.C., 2021. Impacts of working from home during COVID-19 pandemic on physical and mental well-being of office workstation users. *Journal of occupational and environmental medicine*, 63(3), pp.181-190.)
2. The diverse impacts of working from home (WFH) on mental and physical health. Although studies are limited, some consistent principles can help improve conditions and reduce negative effects. Regular communication and consideration of the home environment and financial burdens are essential. Longitudinal research is necessary to develop guidelines for optimal WFH conditions that support employee health and well-being. (Oakman, J., Kinsman, N., Stuckey, R., Graham, M. and Weale, V., 2020. A rapid review of mental and physical health effects of working at home: how do we optimise health?. *BMC public health*, 20, pp.1-13.)
3. WFH was widely adopted during the pandemic to promote health and job security, but its direct impacts have been underexplored. Using an instrumental variable strategy to control for selection bias, focusing on mobile device use, the findings reveal that WFH positively affects subjective well-being, particularly for men and middle-aged individuals, but has limited effects on objective health measures. This suggests that while WFH enhances well-being, its impact on physical health is less clear. (Denzer, M. and Grunau, P., 2023. The impacts of working from home on individual health and well-being. *The European Journal of Health Economics*, pp.1-20.)
4. A complex mix of negative and positive health effects emerges, with certain groups being more vulnerable. Key areas for intervention include ergonomic design, use of online tools, promoting job autonomy, and positive work schedules. Occupational health nurses play a crucial role in addressing

these issues, including improving sleep quality and encouraging physical activity. However, extending their role to the home raises privacy concerns, which can be mitigated through employer policies centered on well-being and worker rights. (Wells, J., Scheibein, F., Pais, L., Rebelo dos Santos, N., Dalluege, C.A., Czakert, J.P. and Berger, R., 2023. A Systematic Review of the Impact of Remote Working Referenced to the Concept of Work–Life Flow on Physical and Psychologic)

## 2.2 Research Gap

Although there are a lot of research papers focused on Work from home, there are still some gaps among the research papers and this research paper will be focussed on those gaps.

1. Research papers are more inclined towards either both mental health issues and physical health issues as a whole, or on mental health of an employee, rather than entirely focused on physical health issues faced by the employees which is a key factor to be focused upon.
2. Several research papers have emphasised the difficulties encountered by corporate professionals, overlooking the unique circumstances of those who are just entering the workforce or have not accumulated as much experience as their longer-tenured counterparts. This difference in focus makes us wonder if current research really covers all kinds of work problems fairly and fully.
3. There is a lot of difference between the lifestyle of people who are staying with their roommates or alone and people who are staying with their family members. Their consumption of nicotine and junk food patterns. This part of the research needs furthermore analysis.
4. Most research papers talk about working from home, especially during the COVID time. But COVID is over now, and things have changed a lot. However, working from home is still popular, especially in new startup companies in India.

## 2.3. RESEARCH QUESTIONS

1. How do changes in health-related behaviours, such as adapting junk food; nicotine intake; bad body posture among new entrant employees working remotely impact their physical health outcome?
2. What are the specific effects of the absence of regular commute patterns and reduced physical activity opportunities in remote work environments on various aspects of physical fitness, such as heart health, muscular strength, flexibility, and overall physical endurance, among new entrant employees?
3. What is the association between the availability of ergonomic office setups in home environments and the prevalence of ergonomic-related discomfort, such as back pain, neck strain, eye strain, and poor body postures, among new entrant employees participating in remote work arrangements?
4. What are the sleep patterns, sleep quality, and sleep hygiene practices of new entrant employees working from home, and how do these factors impact their physical health and overall well-being?

## 2.4. HYPOTHESIS

1. The absence of regular commute patterns and physical opportunities in remote work environments results in decreased levels of physical fitness among new entrant employees.
2. The lack of access to ergonomic office setups in the home environment results in a higher incidence of ergonomic related issues, including back-pain, neck strain, bad body postures among new entrant employees in remote working model.
3. There will be a significant difference in adapting junk food; nicotine intake; disturbed sleep pattern, between new entrant employees working remotely and those in work from the office model.

## 3. Research Methodology

The main purpose of this paper is to understand the impact of work from home model on new entrant employees in corporate world.

### 3.1 Research Methods

The investigation targeted Indian youth to explore the effects of the work-from-home model on newly hired employees, utilizing a quantitative approach. Given the growing prevalence of remote work arrangements, particularly among younger demographics, understanding its implications on this segment of the workforce is crucial. Data collection involved a survey questionnaire administered to 54 respondents, forming the basis of the research. By analyzing the responses gathered through this survey, the study aims to shed light on the challenges and opportunities posed by remote work for newly employed individuals in India's youth demographic.

### 3.2. DATA ANALYSIS

#### Survey

This survey includes two sets. First set of the survey is entirely focussed on the ergonomic issues and commute patterns and the second set of the survey is focussed on the junk food consumption, nicotine consumption and physical health of the employees. The analysis that follows showcases data gleaned from survey questions, organised by employees' experience levels. It sheds light on various pain points, notably including physical stress endured within the work-from-home model.

**Table 1: This data highlights the differences in commute patterns between new entrant employees and long-tenured employees.**

| How long have you been working in your current field or industry? | Prior to transitioning to remote work, how did you typically commute to your workplace?                              | On an average, how much time did you spend or used to spend commuting to and from work each day? |
|---|--|--|
| 1-3 years. (42.59%)   | 11.11% people responded Car, 14.81% people responded Public transport, and 11.11% people responded Walking or biking | 27.78% people responded Less than 30 minutes   |
| 3-5 years. (24.07%)   | 9.26% people responded Car and 7.41% people responded Public transport   | 11.11% people responded 30 minutes to 1 hour   |
| 5-10 years. (12.96%)  | 7.41% people responded Car   | 5.56% people responded Less than 30 minutes and 3.70% people responded More than 2 hours         |
| Less than 1 year. (18.52%)  | 7.41% people responded Walking or biking   | 9.26% people responded 30 minutes to 1 hours and 9.26% people responded Less than 30 minutes     |
| More than 10 years. (1.85%)                                       | 1.85% people responded Walking or biking   | 1.85% responded 1-2 hours  |

**Conclusion 1:** The data suggests that commuting habits vary based on years of experience, with newer professionals often opting for more active modes of transportation and shorter commute times, while seasoned professionals may have longer commutes by car and less time spent walking or biking.

**Table 2: This data highlights the differences in ergonomic issues between new entrant employees and long-tenures employees.**

| How long have you been working in your current field or industry? | Do you have a dedicated workspace at home for remote work? | Do you believe that ergonomic-related issues have impacted your productivity while working remotely? | Have you noticed any changes in your overall physical fitness level since starting remote work and eliminating your commute? | Have you experienced any physical health issues (e.g., weight gain, muscle stiffness, etc.) since starting remote work and eliminating your commute? | On a scale of 1 to 5, how much do you miss the physical activity associated with your previous commute? |
|---|--|--|--|--|---|
| 1-3 years.<br>(42.59%)  | 20.37% people responded No and 22.22% people responded Yes | 11.11% people responded No and 31.48% people responded Yes   | 12.96% people responded Declined moderately and 16.67% responded Stayed about the same                                       | 12.96% people responded No and 29.63% people responded Yes   | 16.67% people responded 3 and 16.67% responded 4  |
| 3-5 years.<br>(24.07%)  | 11.11% people responded No and 12.96% people responded Yes | 9.26% people responded No and 14.81% people responded Yes  | 9.26% people responded Declined moderately   | 11.11% people responded No and 12.96% people responded Yes   | 9.26% people responded 1  |
| 5-10 years.<br>(12.96%)   | 1.85% people responded No and 11.11% people responded Yes  | 12.96% people responded Yes  | 5.56% people responded Stayed about the same   | 5.56% people responded No and 7.41% people responded Yes   | 3.70% people responded 1, 3.70% people responded 2 and 3.70% people responded 3                         |
| Less than 1 year.<br>(18.52%)                                     | 12.96% people responded No and 5.56% people responded Yes  | 3.70% people responded No and 14.81% people responded Yes  | 12.96% people responded Stayed about the same  | 7.41% people responded No and 11.11% people responded Yes  | 5.56% people responded 3 and 5.56% people responded 4   |
| More than 10 years.<br>(1.85%)                                    | 1.85% people responded Yes                                 | 1.85% people responded Yes   | 1.85% people responded Improved significantly  | 1.85% people responded No  | 1.85% people responded 1  |

Conclusion 2: Remote work has different impacts on physical health and productivity depending on experience. Newer professionals (1-3 years) face more ergonomic and health challenges, missing commuting's physical activity. Seasoned professionals (more than 10 years) adapt better, with improved fitness and fewer

health issues. This indicates a need for targeted support to help newer professionals with ergonomic setups and health maintenance while remote.

**Table 3: This data highlights the difference in the junk food consumption and physical exercise between new entrant employees and Long-tenured employees.**

| How long have you been working in your current field or industry? | On average, how many servings of junk food (e.g., fast food, sugary snacks, etc.) do you consume per week now compared to before working remotely? | How often do you consume fruits and vegetables in your daily diet since transitioning to remote work? | How often do you engage in physical exercise or activity during your remote workdays? | Have you experienced any changes in your weight since starting remote work? |
|---|--|---|---|---|
| 1-3 years. (42.59%)   | 18.52% people responded Increased moderately and 7.41% people responded Decreased moderately   | 20.37% people responded Several times per week  | 18.52% people responded Rarely  | 35.52% people responded Yes, I have gained weight                           |
| 3-5 years. (24.07%)   | 7.41% people responded Increased significantly   | 7.41% people responded Several times per week and 7.41% people responded Daily                        | 11.11% people responded 3-5 times per week  | 12.96% people responded Yes, I have gained weight                           |
| 5-10 years. (12.96%)  | 7.41% people responded Increased moderately  | 5.56% people responded Daily  | 5.56% people responded 1-2 times per week and 5.56% people responded Rarely           | 11.11% people responded Yes, I have gained weight                           |
| Less than 1 year. (18.52%)  | 7.41% people responded Increased moderately  | 9.26% people responded Several times per week   | 7.41% people responded Rarely   | 9.26% people responded Yes, I have gained weight                            |
| More than 10 years. (1.85%)                                       | 1.85% responded Decreased significantly  | 1.85% responded Several times per week  | 1.85% responded Daily   | 1.85% responded No, my weight has remained stable                           |

**Conclusion 3:** Transitioning to remote work has generally led to an increase in junk food consumption and weight gain, particularly among those with less experience in their field. While fruit and vegetable intake has improved for some, physical exercise remains less frequent, highlighting a need for better health management strategies across all experience levels.

**Table 4: This data highlights the difference in the nicotine consumption between new entrant employees and Long-tenured employees.**

| How long have you been working in your current field or industry? | How often do you feel the urge to consume nicotine products (e.g., cigarettes, vaping, etc.) during your work hours? | Since transitioning to your current work environment, have you noticed any changes in your nicotine intake?                  |
|---|--|--|
| 1-3 years. (42.59%)   | 11.11% of people responded Multiple times a day. People with 0 intake. (22.22%)                                      | 5.56% people responded Increased moderately and 5.56% people responded Stayed about the same. People with 0 intake. (22.22%) |
| 3-5 years. (24.07%)   | 5.56% of people responded Multiple times a day. People with 0 intake (16.67%)  | 3.70% people responded Increased Significantly. People with 0 intake (16.67%)  |
| 5-10 years. (12.96%)  | 3.70% of people responded Rarely or Never. People with 0 intake (7.41%)  | 1.85% responded decreased significantly and 1.85% responded increased moderately. People with 0 intake (9.26%)               |
| Less than 1 year. (18.52%)  | 3.70% people responded Multiple times a day and 3.70% people responded Rarely or Never. People with 0 intake (7.41%) | 7.41% of people responded Stayed about the same. People with 0 intake (7.41%)  |
| More than 10 years. (1.85%)                                       | People with 0 intake (1.85%)   | People with 0 intake (1.85%)   |

**Conclusion 4:** The data indicates that nicotine urges and intake are more prevalent among those with fewer years of experience in their field, with significant portions reporting increased use or consistent habits since transitioning to their current work environment. Conversely, those with the longest experience (more than 10 years) exhibit no nicotine use. Addressing nicotine dependence may be particularly beneficial for newer professionals to promote better health outcomes.



**Table 5: This data highlights the difference in the sleep patterns between new entrant employees and Long-tenured employees.**

| How long have you been working in your current field or industry? | On average, how many hours of sleep do you get per night during weekdays? | How would you rate the quality of your sleep during weekdays? | How often do you experience difficulty falling asleep or staying asleep during weekdays? | On average, how many hours of sleep do you get per night during weekends? | How would you rate the quality of your sleep during weekends?                   | Do you feel that your sleep patterns and sleep quality impact your physical health and overall well-being? |
|---|---|---|--|---|---|--|
| 1-3 years.<br>(42.59%)  | 12.96% people responded 6-7 hours and 11.11% people responded 5-6 hours   | 18.51% people responded 3                                     | 14.81% people responded Rarely   | 20.37% people responded 7-8 hours   | 18.51% people responded 4   | 24.07% people responded yes, significantly   |
| 3-5 years.<br>(24.07%)  | 7.41% people responded 6-7 hours and 7.41% people responded 7-8 hours     | 7.40% people responded 3                                      | 9.25% people responded Sometimes   | 11.11% people responded 7-8 hours   | 7.41% people responded 3, 7.41% people responded 4 and 7.41% people responded 5 | 14.81% people responded yes, significantly   |
| 5-10 years.<br>(12.96%)   | 5.56% people responded 7-8 hours  | 3.70% people responded 3 and 3.70% people responded 4         | 7.40% people responded Sometimes   | 9.25% people responded 7-8 hours  | 5.56% people responded 4  | 11.11% people responded yes, significantly   |
| Less than 1 year.<br>(18.52%)                                     | 7.41% people responded 6-7 hours  | 5.56% of people responded 3 and 5.56% of people responded 4   | 5.56% people responded Rarely  | 9.25% people responded more than 8 hours                                  | 7.41% people responded 4 and 7.41% people responded 5                           | 11.11% people responded yes, somewhat  |
| More than 10 years.<br>(1.85%)                                    | 1.85% responded more than 8 hours   | 1.851% responded 5  | 1.85% responded Rarely   | 1.85% responded more than 8 hours   | 1.85% responded 5   | 1.85% responded yes, significantly   |

**Conclusion 5:** Sleep duration and quality generally improve with more experience in the field, with those having more than 10 years of experience reporting the highest sleep quality and duration. However, a significant number of respondents across all experience levels recognize that sleep patterns and quality have a considerable impact on their physical health and overall well-being. This highlights the importance of addressing sleep issues to enhance well-being, especially for those early in their careers.

## 4. CONCLUSION

Hypothesis 1: The absence of regular commute patterns and physical opportunities in remote work environments results in decreased levels of physical fitness among new entrant employees.

Conclusion: Supported. The data shows that new entrant employees (1-3 years) often had active commute habits (e.g., walking or biking) with shorter commute times. The transition to remote work eliminates these physical activities, likely contributing to decreased physical fitness.

Hypothesis 2: The lack of access to ergonomic office setups in the home environment results in a higher incidence of ergonomic-related issues, including back pain, neck strain, and bad body posture among new entrant employees in the remote working model.

Conclusion: Supported. Newer professionals (1-3 years) face more ergonomic and health challenges, such as missing the physical activity associated with commuting. This suggests that the lack of ergonomic setups at home contributes to increased physical discomfort and health issues.

Hypothesis 3: There will be a significant difference in adapting junk food, nicotine intake, and disturbed sleep patterns between new entrant employees working remotely and those working from the office.

Conclusion: Supported. The data shows that Junk Food Consumption: Increased junk food consumption and weight gain are more prevalent among newer employees. Nicotine Intake: Nicotine urges and intake are higher among those with fewer years of experience, with newer professionals reporting increased use. Sleep Patterns: Sleep issues are common across all experience levels but improve with more experience, indicating a significant difference based on the duration of remote work experience.

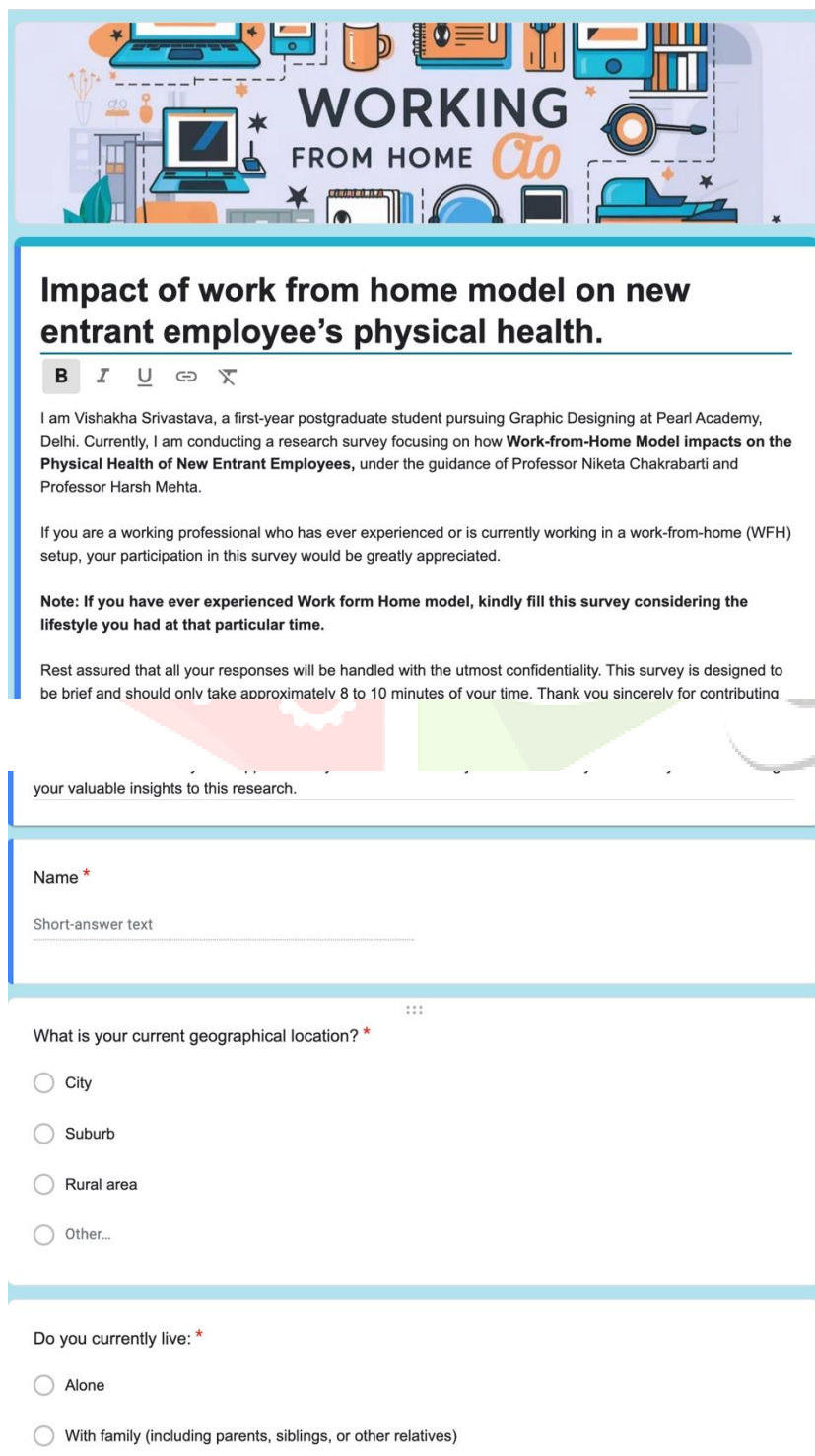
In summary, the data supports all three hypotheses, indicating that newer professionals face significant challenges related to physical fitness, ergonomic issues, and lifestyle habits when transitioning to remote work. Targeted support and interventions are necessary to help them maintain health and productivity.

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## Appendix



**WORKING FROM HOME To**

### Impact of work from home model on new entrant employee's physical health.

**B I U**

I am Vishakha Srivastava, a first-year postgraduate student pursuing Graphic Designing at Pearl Academy, Delhi. Currently, I am conducting a research survey focusing on how **Work-from-Home Model impacts on the Physical Health of New Entrant Employees**, under the guidance of Professor Niketa Chakrabarti and Professor Harsh Mehta.

If you are a working professional who has ever experienced or is currently working in a work-from-home (WFH) setup, your participation in this survey would be greatly appreciated.

**Note: If you have ever experienced Work form Home model, kindly fill this survey considering the lifestyle you had at that particular time.**

Rest assured that all your responses will be handled with the utmost confidentiality. This survey is designed to be brief and should only take approximately 8 to 10 minutes of your time. Thank you sincerely for contributing your valuable insights to this research.

Name \*

Short-answer text

What is your current geographical location? \*

City

Suburb

Rural area

Other...

Do you currently live: \*

Alone

With family (including parents, siblings, or other relatives)

- With roommates
- Other...

What is your gender identity? \*

- Male
- Female
- Non-binary/third gender
- Prefer not to say

What is your current employment status? \*

- Employed full-time
- Employed part-time
- Self-employed
- Unemployed and actively seeking work
- Unemployed and not seeking work

What is your current job title or role? \*

Short-answer text

How long have you been working in your current field or industry? \*

- Less than 1 year
- 1-3 years
- 3-5 years
- 5-10 years
- More than 10 years

How many hours per week do you typically work? \*

- Less than 20 hours
- 20-30 hours
- 31-40 hours
- 41-50 hours
- More than 50 hours

**The initial section of the survey will concentrate on exploring ergonomics(design and arrangement of your workspace) and commuting habits.**

Description (optional)

Do you have a dedicated workspace at home for remote work? \*

- Yes
- No

How often do you take breaks to stretch or change your sitting position during your remote workday? \*



- Every hour
- Every few hours
- Rarely
- Never

Have you experienced any of the following ergonomic-related issues since transitioning to remote work?(Select all that apply) \*

- Back pain
- Neck pain
- Eye strain
- Bad body posture
- None of the above

...

If you have experienced any of the above issues, please specify their severity with the time.

- Mild
- Staying moderate
- Getting severe day by day

Do you believe that ergonomic-related issues have impacted your productivity while working remotely? \*

- Yes
- No

...

Prior to transitioning to remote work, how did you typically commute to your workplace? \*

- Car
- Public transportation
- Walking or biking
- Other

On an average, how much time did you spend or used to spend commuting to and from work each day? \*

- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- More than 2 hours

...

Have you noticed any changes in your overall physical fitness level since starting remote work and eliminating your commute? \*

- Improved significantly
- Improved moderately
- Stayed about the same
- Declined moderately
- Declined significantly



On an average, how much time did you spend or used to spend commuting to and from work each day? \*

- Less than 30 minutes
- 30 minutes to 1 hour
- 1-2 hours
- More than 2 hours

...

Have you noticed any changes in your overall physical fitness level since starting remote work and eliminating your commute? \*

- Improved significantly
- Improved moderately
- Stayed about the same
- Declined moderately
- Declined significantly

On a scale of 1 to 5, how much do you miss the physical activity associated with your previous commute? \*

- |            |                       |                       |                       |                       |                       |           |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------|
|            | 1                     | 2                     | 3                     | 4                     | 5                     |           |
| Not at all | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Extremely |

Have you experienced any physical health issues (e.g., weight gain, muscle stiffness, etc.) since starting remote work and eliminating your commute? \*

- Yes
- No

...

**The next part of the survey will look at differences in how much junk food people eat, how much nicotine they use, and how well they sleep.**

Description (optional)

On average, how many servings of junk food (e.g., fast food, sugary snacks, etc.) do you consume per week now compared to before working remotely? \*

- Increased significantly
- Increased moderately
- Stayed about the same
- Decreased moderately
- Decreased significantly

...

How often do you consume fruits and vegetables in your daily diet since transitioning to remote work? \*

- Daily
- Several times per week
- Once a week
- Rarely
- Never



Have you experienced any changes in your weight since starting remote work? \*

- Yes, I have gained weight
- Yes, I have lost weight
- No, my weight has remained stable

How often do you engage in physical exercise or activity during your remote workdays? \*

- Daily
- 3-5 times per week
- 1-2 times per week
- Rarely
- Never

How often do you feel the urge to consume nicotine products (e.g., cigarettes, vaping, etc.) during your work hours? \*

- Multiple times a day
- Once a day
- Several times a week
- Once a week
- Rarely or never
- 0 Intake

Since transitioning to your current work environment, have you noticed any changes in your nicotine intake? \*

- Increased significantly
- Increased moderately
- Stayed about the same
- Decreased moderately
- Decreased significantly
- 0 intake

How often do you experience difficulty falling asleep or staying asleep during weekdays? \*

- Always
- Often
- Sometimes
- Rarely
- Never

On average, how many hours of sleep do you get per night during weekends? \*

- Less than 5 hours
- 5-6 hours
- 6-7 hours
- 7-8 hours
- More than 8 hours



How would you rate the quality of your sleep during **weekends**? \*

1      2      3      4      5

Very poor      ○      ○      ○      ○      ○      Excellent

Do you feel that your sleep patterns and sleep quality impact your physical health and overall well-being? \*

- Yes, significantly
- Yes, somewhat
- No, not really
- No, not at all

