



# DOES WORKING WITH YOUR HANDS MAKE YOU HAPPIER AND HEALTHIER?

Skilled trade pros say the number one benefit to their job is a sense of mastery, closely followed by feelings of empowerment and being in control of their lives. Office workers? Not so much.



**9.3** HOURS PER DAY

That's how much time the average person spends sitting — more time than the average person sleeps per night.



**6** HOURS PER DAY

Sitting for longer than 6 hours per day is as bad for your health as smoking a pack of cigarettes per day.



**#1** factor in job satisfaction is being able to use skills and abilities.

Research shows that most skilled trades people love their work because they use their skills and make their customers happy.



Actively engaged workers are healthier.

**71%**

of American workers are not engaged in their jobs.

Actively engaged workers are less likely to suffer from obesity and chronic disease.

**PLUS**

Tradespeople burn up to

**2,500**

extra calories per day vs.

**300**

for office workers.

Overall job satisfaction in the U.S. is at just 45%. And only 35.7% of people under 25 report feeling satisfied with their jobs. In addition to compensation and benefits, people report that being able to use their skills and abilities at work is essential to job satisfaction.