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RESEARCH FINDS AUSTRALIANS AREN'T SPENDING THEIR TIME PRODUCTIVELY

Research commissioned by Officeworks has found that four in five Australians want to use their spare time more productively, with many Australians instead spending this time watching TV (84%) or scrolling through social media (64%).

According to the research, half of all Australians would like to exercise more and 43% would like to engage in an art, craft or writing project in their down time.

The survey revealed that one in three people wanted to start a new hobby, so Officeworks was keen to understand firsthand the benefits of leisure activities by challenging a handful of Australians to commit to a new hobby.

Rachel Devine of popular blog, *Sesame Ellis* undertook a two month running hobby to get back into the habit of making exercise a priority. With not only her fitness levels increasing, Rachel says there has been a variety of other benefits to dedicating time to her new found hobby, "I've always wanted to commit to an active hobby, however like a lot of people, haven't made time for it."

"Over the last 60 days, I have set aside time to run regularly and have noticed a huge improvement in my concentration levels and my overall mood. When I run, I lose any self-consciousness, my mind is clear and I feel completely in the zone."

Fitness personality, *Laura Henshaw*, says that engaging in an artistic hobby has helped her regain her focus and that has resulted in many fantastic benefits, "I find my new colouring hobby completely immersive - I lose time when I am doing it, which I think has given me more mental balance."

"My day-to-day routine is action packed, whether it's a gym class or working on my website, I'm constantly on the move so it was hard to find time for it at first, but after a few weeks it just became part of my everyday routine. I love giving it my full attention and can truly see its benefits in other areas of my life."

For those wanting to upgrade their downtime, Officeworks is encouraging everyone to pop into their local store or jump [online](#) to browse a wide range of products to kick-start a hobby - from [health, audio and fitness](#) and [art supplies](#) to [journaling, writing](#) and [tech](#).

- ENDS -

¹ 2016 research conducted among 1,027 Australian's aged 18+

Notes to editors

Overview of research findings:

- 84% of the Australian population watch TV to fill in their spare time while 3 in 5 Australians check social media
- Australians who fill in spare time reading online content, online shopping or watching YouTube videos would prefer to spend their spare time more productively while those who watch TV in their spare time are happy the way things are
- 4 in 5 Australians would like to spend their spare time more productively

About Officeworks:

Established in Richmond in 1994, Officeworks is Australia's leading retailer and supplier of office supplies, tech and furniture solutions for home, business and education needs. With three easy ways to shop - in store, online or by phone, customers be sure to find exactly what you need with our widest range, when you need, and all at the lowest prices. Plus, you'll enjoy friendly expert advice and helpful services. Officeworks offers customers more than 30,000 products on its [website](#), operates a national customer service centre and has a growing team of expert business specialists to cater for micro, small and medium business customers. As part of the Wesfarmers' group, Officeworks has an extensive national footprint operating 163 retail stores and employing more than 7,000 team members. Join Officeworks' online communities on [Facebook](#), [LinkedIn](#), [Instagram](#) and [YouTube](#) as well as at its hubs [Work Wise](#) and [Work Style](#) for inspiration to help you make bigger things happen.

For further information or interview opportunities, please contact:

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