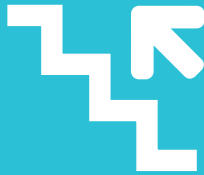


HOW TO BE MORE ACTIVE AT WORK



Take **REGULAR BREAKS** from sitting by standing up every 30 minutes



Take the **STAIRS** instead of the lift



STAND UP or **PACE** whilst on the phone



WALK OVER to speak to colleagues instead of emailing them



KEEP HYDRATED for frequent toilet trips



LIMIT screen time to stay active



Hold a **WALKING** or **STANDING** meeting



Try a **SIT-STAND** desk



MOVE AWAY from your desk at lunchtime

THE WONDERS OF WALKING

happy-making

concentration
sharpening &
memory
enhancing

mood boosting

life-extending

fitness and
health
improving

calorie
burning

