

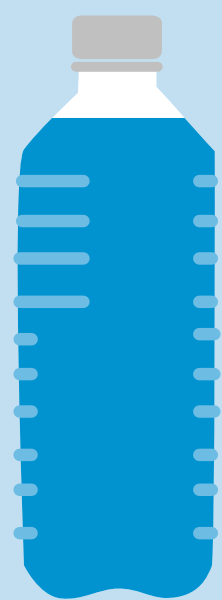
SIT LESS, MOVE MORE



Sitting down for long periods is bad for our health. Here are eight ways to add breaks to your day.

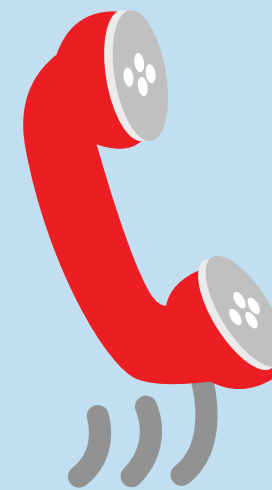
WALK OVER

to speak with co-workers **instead** of e-mailing them



DRINK WATER

and **get up** for refills



STAND UP

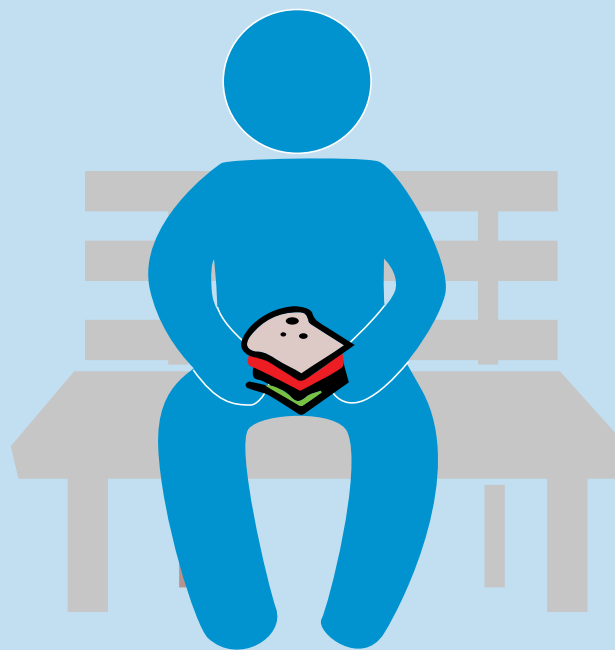
when you're on the **phone**

Take REGULAR BREAKS

from sitting by standing up every **30** minutes



LEAVE your desk FOR LUNCH



TAKE the STAIRS instead of the lift



MOVE your rubbish BIN AWAY from your desk



LIMIT SCREEN TIME to stay active

