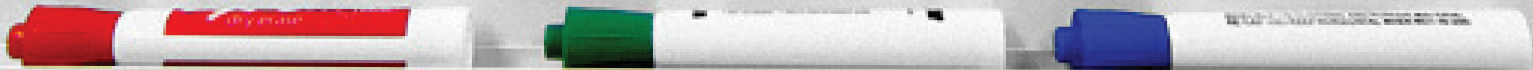


# STAND UP FOR YOUR HEALTH!

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THIS IS A  
STANDING  
FRIENDLY  
MEETING.



- ◆ Sitting is the new smoking—it's dangerous to your health
- ◆ Prolonged sitting counteracts the benefits you get from regular exercise



**Breaking up sedentary time by occasionally standing throughout your day can:**

- ✓ Increase energy & focus
- ✓ Burn extra calories
- ✓ Tone muscles
- ✓ Improve posture
- ✓ Increase blood flow
- ✓ Ramp up metabolism
- ✓ Reduce fatigue, neck & back pain