



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 standing occasionally 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