

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

