

Excessive sitting can **double** **your risk** of heart disease

Organisers



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Calorie burn slows dramatically when you sit

Organisers



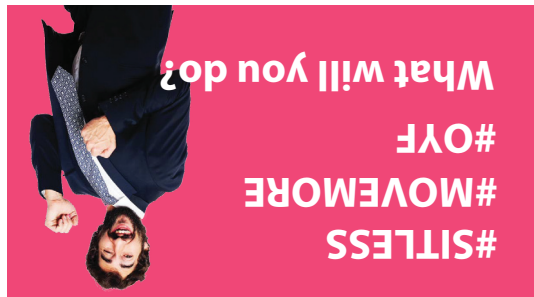
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When you sit
fat reducing enzymes
lose 90% effectiveness

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