



Whilst standing you burn  
40% more calories

Organisers

In Association With



#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



[www.onyourfeet.org.uk](http://www.onyourfeet.org.uk) [@getGBstanding](https://twitter.com/getGBstanding) [f onyourfeet-Britain](https://www.facebook.com/onyourfeet-Britain)

©Active Working C.I.C., registered in England and Wales (09154581)

FOLD HERE



sitting 6+ hours daily  
increases risk of  
heart disease

Organisers

In Association With



#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



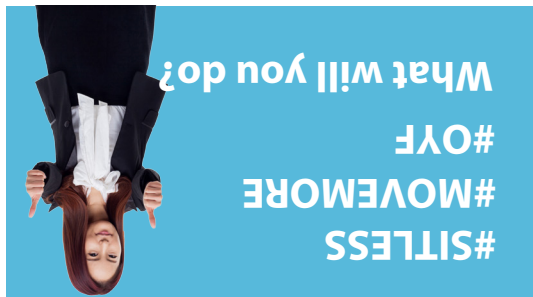
[www.onyourfeet.org.uk](http://www.onyourfeet.org.uk) [@getGBstanding](https://twitter.com/getGBstanding) [f onyourfeet-Britain](https://www.facebook.com/onyourfeet-Britain)

©Active Working C.I.C., registered in England and Wales (09154581)

FOLD HERE

©Active Working C.I.C., registered in England and Wales (09154581)

[www.onyourfeet.org.uk](http://www.onyourfeet.org.uk) [@getGBstanding](https://twitter.com/getGBstanding) [f onyourfeet-Britain](https://www.facebook.com/onyourfeet-Britain)



In Association With

Organisers

Binge sitting  
is so very bad for you

