



Sedentary behaviour?
strictly prohibited
in our office today

Organisers

In Association With



#SITLESS
#MOVEMORE
#OYF
What will you do?



getamericastanding.org [@getUSASTanding](https://twitter.com/getUSASTanding) [Get-America-Standing](https://www.facebook.com/Get-America-Standing)

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

FOLD HERE



Get ready **you're next** to
get up offa that thing

Organisers

In Association With



#SITLESS
#MOVEMORE
#OYF
What will you do?



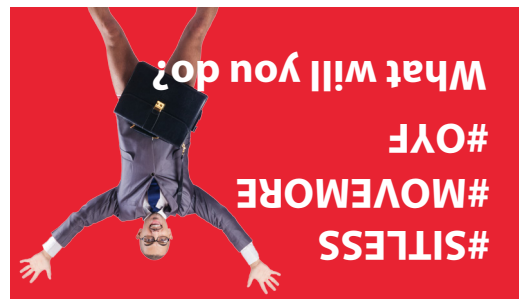
getamericastanding.org [@getUSASTanding](https://twitter.com/getUSASTanding) [Get-America-Standing](https://www.facebook.com/Get-America-Standing)

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

FOLD HERE

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

getamericastanding.org [@getUSASTanding](https://twitter.com/getUSASTanding) [Get-America-Standing](https://www.facebook.com/Get-America-Standing)



In Association With

Organisers

I am doing
standing time

