

Whilst standing you burn
40% more calories

Organisers

In Association With



#SITLESS
#MOVEMORE
#OYF
What will you do?



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sitting 6+ hours daily
increases risk of
heart disease

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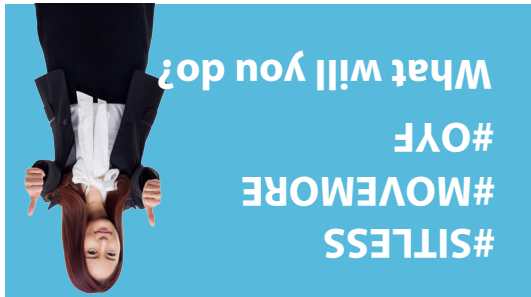
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Binge sitting
is so very bad for you