

Whilst standing you burn  
**40% more calories**

Organisers

In Association With



[www.onyourfeet.eu](http://www.onyourfeet.eu) [@getEURstanding](https://twitter.com/getEURstanding)

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

#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



sitting 6+ hours daily  
increases risk of  
**heart disease**

Organisers

In Association With



[www.onyourfeet.eu](http://www.onyourfeet.eu) [@getEURstanding](https://twitter.com/getEURstanding)

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

#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



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

[www.onyourfeet.eu](http://www.onyourfeet.eu) [@getEURstanding](https://twitter.com/getEURstanding)



In Association With



Binge sitting  
is so very bad for you