

on your
feet
Ireland

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

Organisers

In Association With



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Calorie burn slows
dramatically when you sit

Organisers

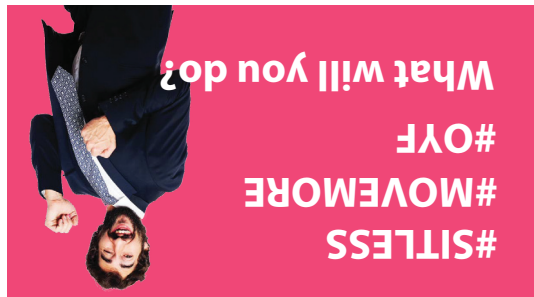
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When you sit
fat reducing enzymes
lose 90% effectiveness

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