

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

Organisers

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#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



Calorie burn slows  
dramatically when you sit

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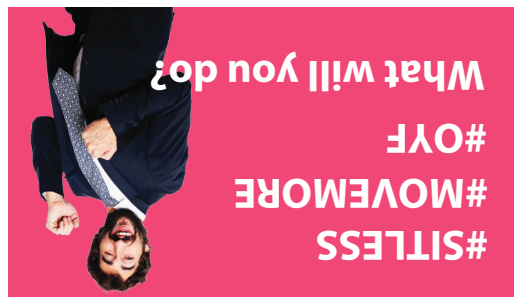


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When you sit  
fat reducing enzymes  
lose 90% effectiveness