

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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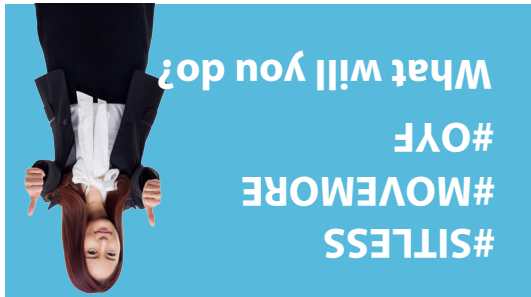
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Binge sitting  
is so very bad for you