

70% of sitting time  
is at work

Organisers

In Association With



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#SITLESS  
#MOVEMORE  
#OYF  
What will you do?



Calorie burn slows  
dramatically when you sit

Organisers

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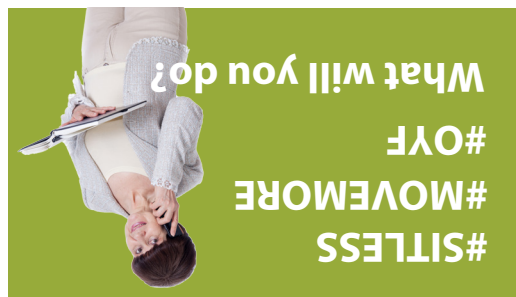


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The average office worker  
sits nearly 10hrs each day