

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

**Organisers** 

In Association With







🚱 www.onyourfeet.org.uk 🄰 @getGBstanding 🜃 onyourfeet-Britain



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





## **Calorie burn slows** dramatically when you sit

**Organisers** 

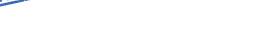
In Association With





🐼 www.onyourfeet.org.uk 🄰 @getGBstanding 🜃 onyourfeet-Britain





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



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



www.onyourfeet.org.uk 🔰 @getGBstanding 🚹 onyourfeet-Britain



In Association With

Organisers

lose 90% effectivness fat reducing enzymes When you sit

