

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

In Association With

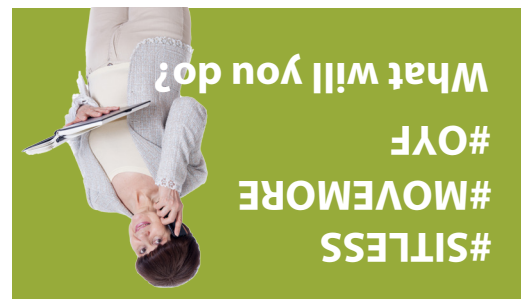


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#SITLESS
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What will you do?



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The average office worker
sits nearly 10hrs each day