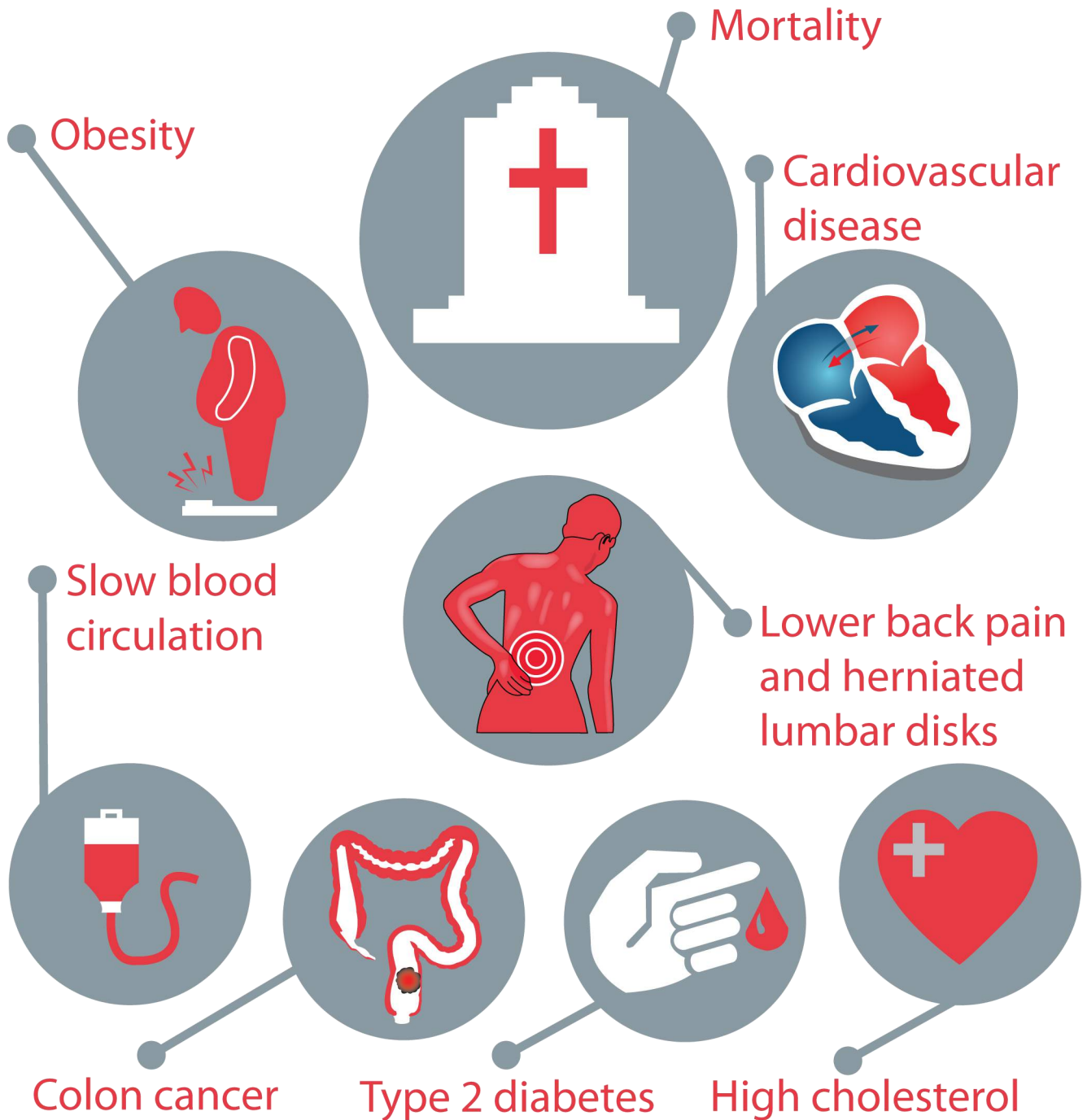


Prolonged sitting over time increases risks of the following



Stand up. Sit less. Move more.

#sitless

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