

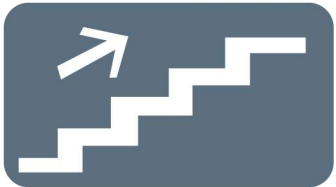
The benefits of sitting less



Standing during phone calls



Walk when on my mobile



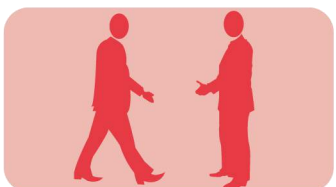
Take the stairs (not the lift)



Set a regular reminder to move



Standing meetings. Stand during group presentations



Walk over and speak to colleagues



Walking meetings

Benefits

- 1. Be more confident
- 2. Sound better (more alert / clear)
- 3. Shorter calls

- 1. Get exercise / burn calories
- 2. Give my colleagues peace
- 3. Set a visible example

- 1. Feel energised
- 2. Get fitter
- 3. Smile - Lift your mood

- 1. Prompts so I don't forget to get up
- 2. Avoid pain and stiffness
- 3. Keep metabolism activated

- 1. Stay awake / alert
- 2. React better to colleagues
- 3. Get a better view

- 1. Get to know people better
- 2. More collaborative than an email
- 3. Set your message across more effectively

- 1. Fun and fresh
- 2. Productive and creative
- 3. Feel better

Stand up. Sit less. Move more.

#sitless

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