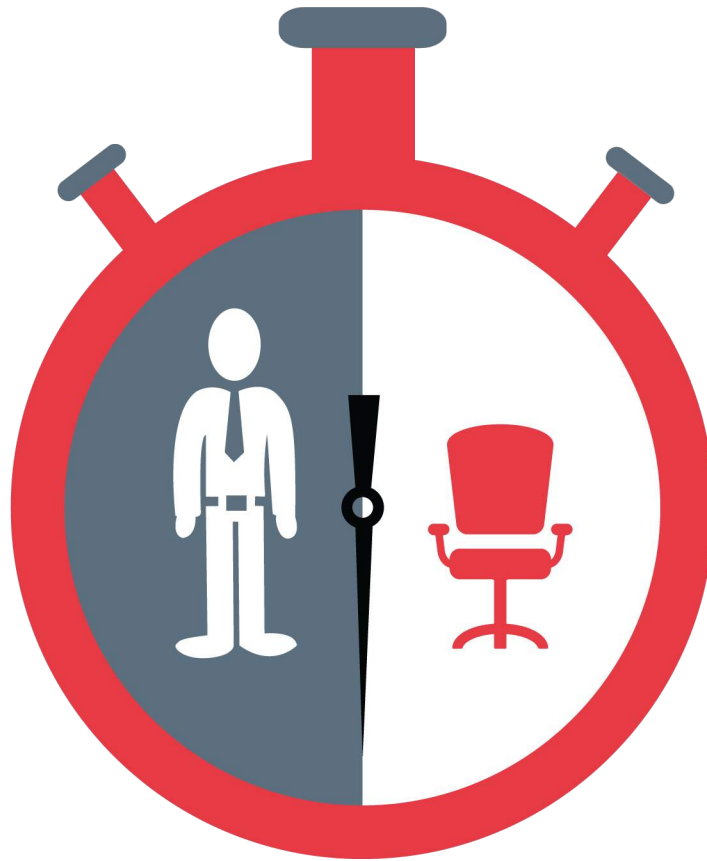


Stand-up and move more to improve your health

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on your
feet
Britain

Standing up every 30 minutes is cardio-metabolically protective



Reduce your risk of a heart attack, stroke and diabetes

Stand up. Sit less. Move more.

#sitless

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