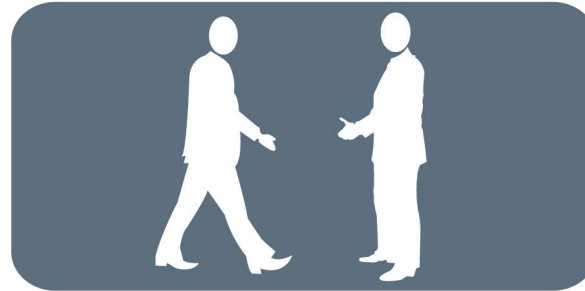


# Walk to talk rather than sit and email

Wiggle waggle



Tippy tappy on  
your keyboard



Stand up. Sit less. Move more.

#sitless