

Move more, sit less!



Decreased concentration

- Prolonged sitting causes decreased blood flow
- As a result, your brain receives less oxygen

The spine

- We often slouch when we sit
- This places uneven pressure on the spine
- It overloads the muscles that keep the spinal cord straight
- Our lungs have less room to expand

Lower body

- There is a lot of pressure on the soft tissue around our bones because of our posture
- Our legs become swollen and numb

Negative long-term effects



Heart disease



Diabetes



Kidney / liver problems



Sleeping problems



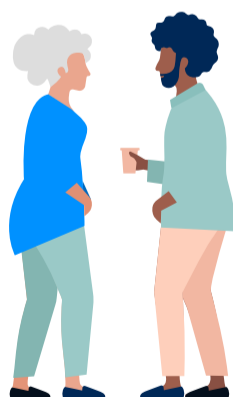
Mental performance



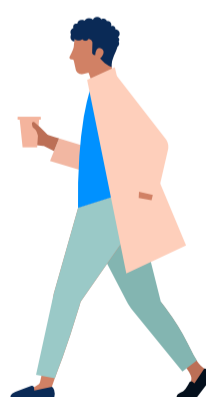
Luckily, there are simple and intuitive solutions



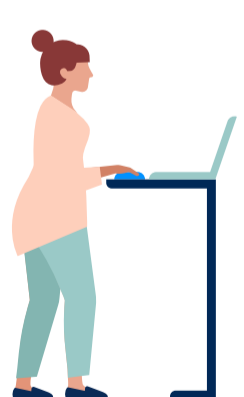
Sit up straight



Stand up every half hour



Take a walk during lunch



Work standing up

Standing 3 hours a day

- Burns 144 calories
- Improves blood circulation
- Reduces the risk of obesity