



Sitting: What's the Big Deal?

The Facts*

Poorer circulation and metabolism



Preventable disease is more likely



Back issues accompany chair-sitting

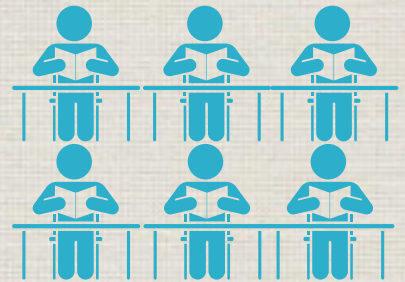
The Daily Problem

Office Workers



Sit
6-9
Hours
everyday

School Children



The Solution

Reduce
Total
Sitting
Time



Sit
Less
Each
Day



...and
move
often

*Start with
2 hours &
get to 4*

*Every
20-30
Minutes*

