

# MAKE TIME TO STRETCH

SELECT ONE PER WORKING HOUR - YOUR BODY & MIND WILL THANK YOU!



**9  
HOURS**  
Average worker  
sits per day

## SITTING LINKED TO:

Obesity, heart disease and diabetes, kidney problems, liver problems, cancer, low back pain and weakened muscle.

Source: NHS

**40%  
MORE**  
risk of  
premature death