

The benefits of sitting less



Stand During Phone Calls

- 1. BE MORE CONFIDENT
- 2. SOUND MORE ALERT & CLEARER
- 3. SHORTER CALLS



Walk Over To Colleagues

- 1. GET TO KNOW PEOPLE BETTER
- 2. BE MORE COLLABORATIVE
- 3. SMILE TO LIFT YOUR MOOD



Walk When On Mobile

- 1. BURN CALORIES
- 2. LESS DISRUPTIVE
- 3. SET AN EXAMPLE



Take The Stairs Not The Lift

- 1. FEEL ENERGISED
- 2. GET FITTER
- 3. INCREASE YOUR STEP COUNT



Set A Regular Reminder To Move

- 1. KEEP METABOLISM ACTIVATED
- 2. AVOID PAIN AND STIFFNESS
- 3. TEAM UP WITH A COLLEAGUE



Standing Meetings

- 1. STAY AWAKE/ALERT
- 2. REACT BETTER TO COLLEAGUES
- 3. GET A BETTER VIEW



Walking Meetings

- 1. FUN & FRESH
- 2. PRODUCTIVE & CREATIVE
- 3. FEEL BETTER

#SITLESS

#MOVEMORE

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