

If you

**SIT
FOR 30**

**MOVE
FOR 2**



**Been sitting at your desk for a while?
Get up and...**

**GET SOME FRESH AIR
CLIMB THE STAIRS**

**GO FOR A QUICK WALK
STRETCH**



If you

**SIT
FOR 30**

**MOVE
FOR 2**

Meetings lasting more than **30** minutes
will include at least **2** minutes
to stretch/stand up

Don't just

MOVE IT

to

LOSE IT



MOVE IT

to

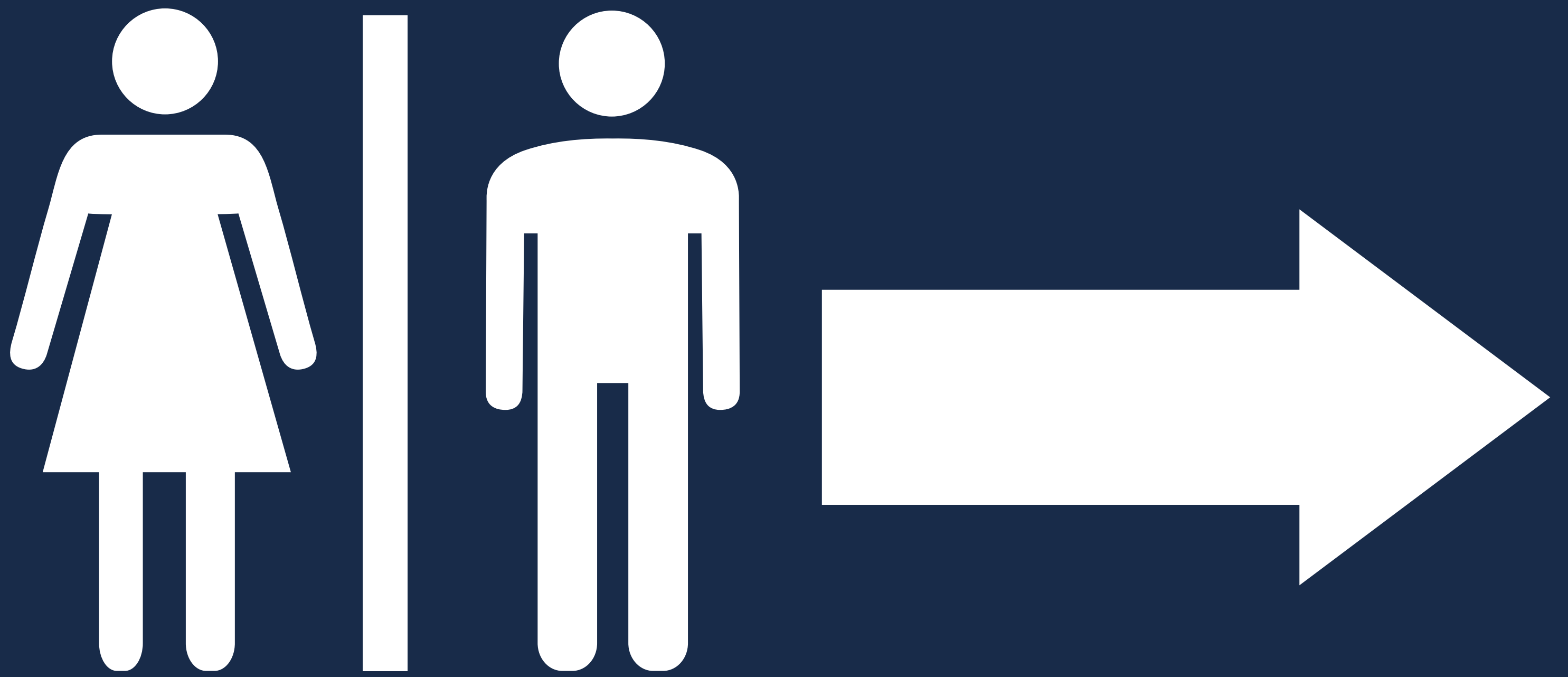
MAKE IT

a beautiful life!

Get active.



EVERY STEP COUNTS



RESTROOMS

Find the restroom furthest
away from your desk



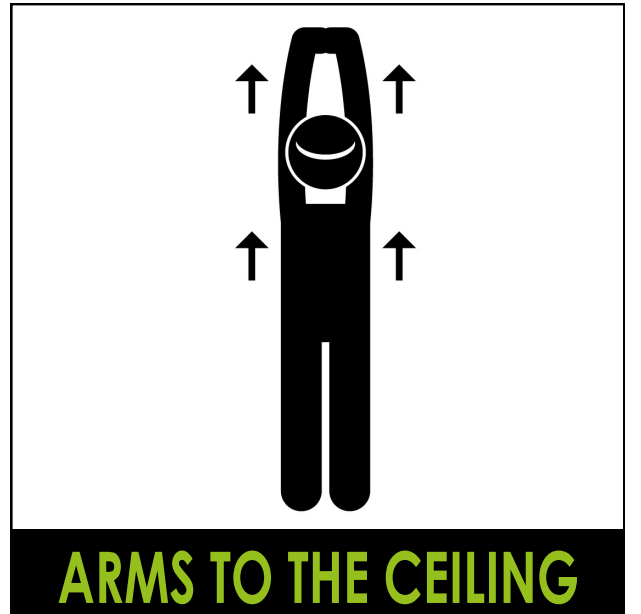
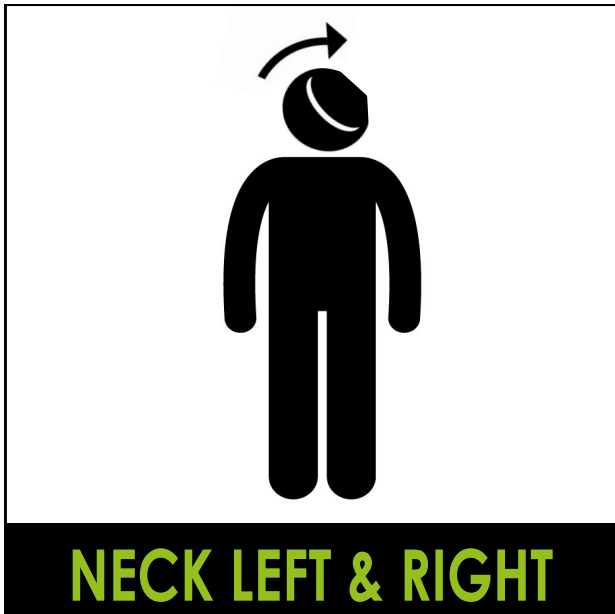
TAKE THE

STAIRS

Change happens one step at a time.

REMEMBER TO TAKE TIME TO STRETCH

Do these stretches regularly to reduce fatigue & avoid injury:



small steps
make a
BIG
difference

Take the Stairs.