

**TAKE MOVEMENT  
BREAKS AWAY FROM A  
SCREEN**

**STAND INSTEAD OF  
SITTING WHEN YOU  
CAN**

**ALWAYS USE THE  
STAIRS**



**STAND DURING  
PHONE CALLS**

**SWAP SOME TV TIME  
FOR MORE ACTIVE  
TASKS OR HOBBIES**

**EAT LUNCH AWAY  
FROM YOUR DESK**

**ON YOUR FEET BRITAIN**

**MOVE MORE SIT LESS**