

Prolonged sitting increases your risk of the following:

Lower back pain & herniated lumbar disks

1



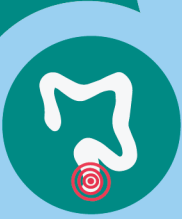
2

Cardiovascular disease



Colon cancer

3



Type 2 diabetes

4



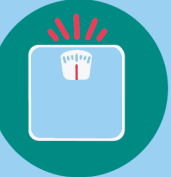
5

High cholesterol



Obesity

6



7

Slow blood circulation



Mortality

8



#SITLESS

#MOVEMORE

29th APRIL 2021

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on your feet Britain