

How many hours do you sit?

EATING (combination of breakfast, lunch and dinner time)

02:30 hour



COMMUTING

03:30 hour



WORKING

05:30 hour



RELAXING (including watching TV, online, gaming etc.)

02:45 hour



CALCULATE

Most office workers sit **TOO MUCH** (10 hours each day)



#SITLESS

#MOVEMORE

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work**athlete**.
YO-YODESK

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ORGANISERS

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ACTIVE WORKING



29th APRIL 2021

on your feet Britain