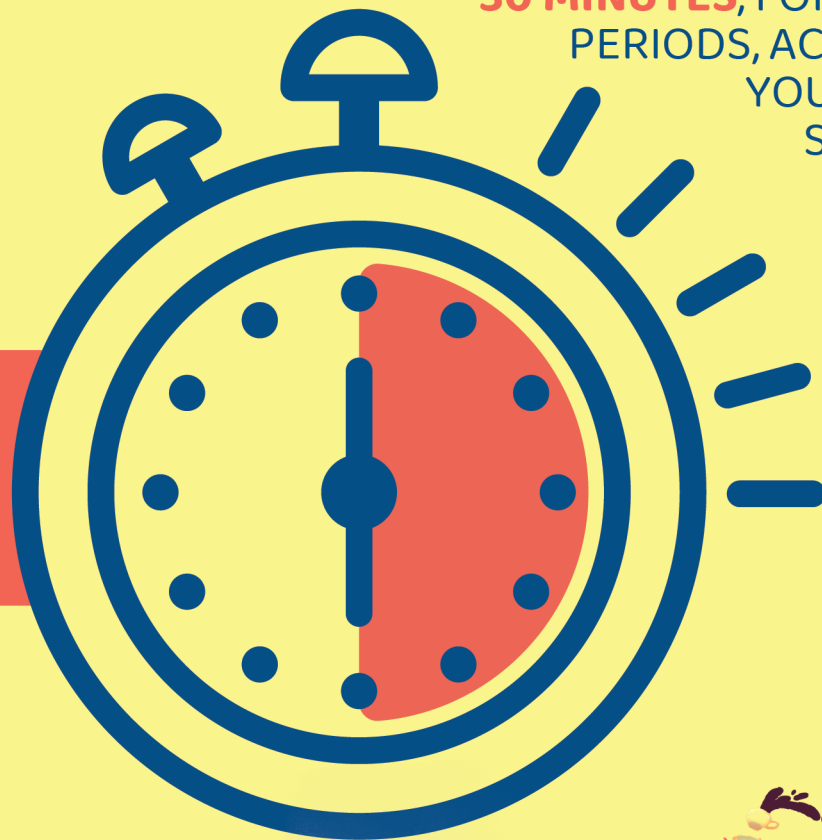


# Stand up & move more to improve your health

STANDING UP EVERY 30 MINUTES, FOR SHORT PERIODS, ACTIVATES YOUR BODY SYSTEMS

30 MINUTES



Reduce your risk of a heart attack, stroke and diabetes



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29<sup>th</sup> APRIL 2021

