SITTING FOR 8 HOURS A DAY IS BAD FOR YOUR HEALTH!

7 WAYS TO ADD MOVEMENT INTO YOUR WORK DAY

INSTEAD OF EMAILING COLLEAGUES WALK OVER AND TALK TO THEM

TAKE REGULAR BREAKS FROM SITTING BY GETTING UP AND MOVING EVERY 30 MINUTES

LEAVE YOUR DESK FOR LUNCH

DRINK WATER AND GET UP OFTEN FOR REFILLS

STAND UP WHEN YOU'RE TALKING ON THE PHONE

MOVE THE WASTE BIN FURTHER FROM YOUR DESK

TAKE THE STAIRS INSTEAD OF THE ELEVATOR

the BEHAN PROTOCOL

FOR BETTER BACK AND SPINE HEALTH