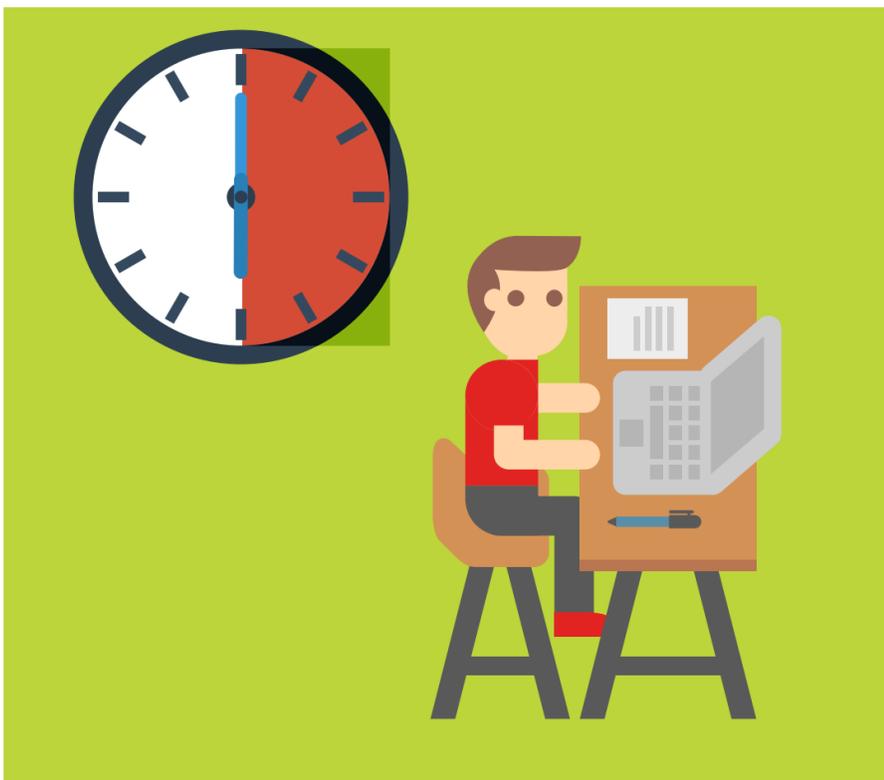
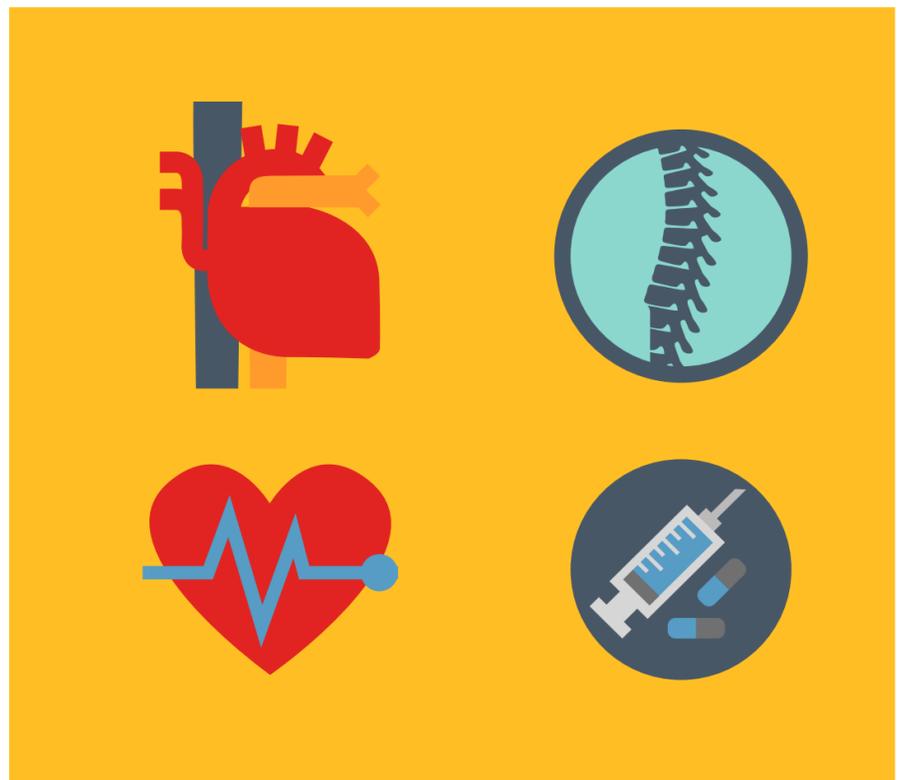


STAND UP FOR BETTER HEALTH

AVOID PROLONGED SITTING
IN UNIVERSITY MEETINGS



ADULTS, ON AVERAGE,
SPEND HALF OF THEIR WAKING
HOURS SITTING DOWN.



PROLONGED SITTING IS ASSOCIATED
WITH A RANGE OF SIGNIFICANT
HEALTH RISKS.



UNDERTAKING AT LEAST **30-60 MINUTES** OF PHYSICAL
ACTIVITY EACH DAY IS ESSENTIAL FOR GOOD HEALTH.

MOVE MORE, SIT LESS



STAND UP FOR CHANGE

4 EASY WAYS



1

PLANNING STANDING

ENSURE REGULAR
STANDING/MOVING
BREAKS ONCE AN HOUR
FOR 2-3 MINUTES



2

RISING AND DEVISING

ALLOCATE ONE OR MORE
AGENDA ITEMS TO BE
DISCUSSED WHILST
STANDING

3

STANDING NAGGING

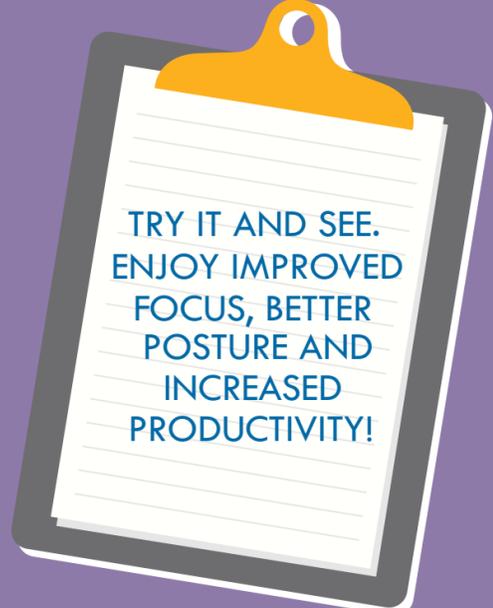
IDENTIFY AN INDIVIDUAL AT THE START OF
THE MEETING WHO ENSURES ALL STAFF
TAKE REGULAR STANDING BREAKS



4

WALKING AND TALKING

CONDUCT SHORT
MEETINGS WHILST
STANDING OR WALKING



TRY IT AND SEE.
ENJOY IMPROVED
FOCUS, BETTER
POSTURE AND
INCREASED
PRODUCTIVITY!

