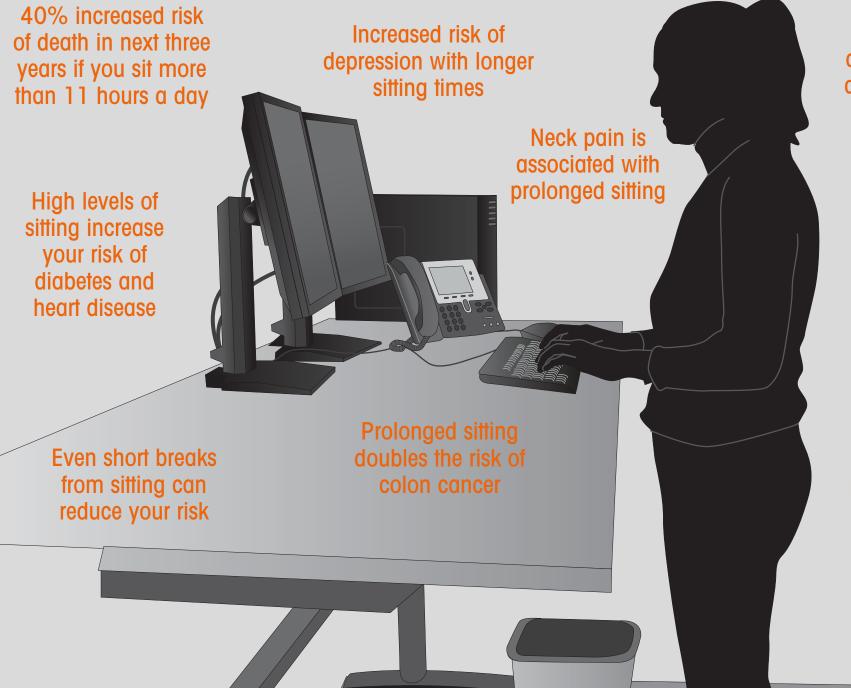
THE DANGERS OF PROLONGED SITTING



On average, an office worker sits approximately 75% of their workday

> Increased risk of physical injuries if don't change postures regularly

Even if you exercise, high levels of sitting may increase your risk of early death