

ESCAPE YOUR CHAIR

SIT LESS AT WORK

**HAVE CHAIR-FREE
ZONES**



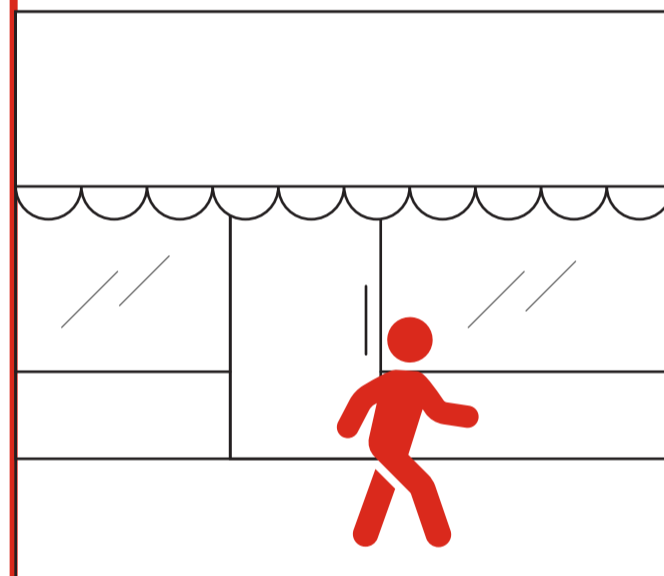
59% OF WORKERS HAVE
TO SIT AT WORK

WALK, DON'T MAIL



ALMOST 70% OF THE
WORKING DAY IS SPENT
SITTING DOWN

**WALK FOR YOUR
LUNCH**



3/4 OF WORKERS WISH
THEY SAT LESS AT
WORK

**SITTING FOR TOO LONG PUTS YOUR
HEART AT RISK**

Visit [ESCAPEYOURCHAIR.IE](https://www.escapeyourchair.ie)