

ESCAPE YOUR CHAIR

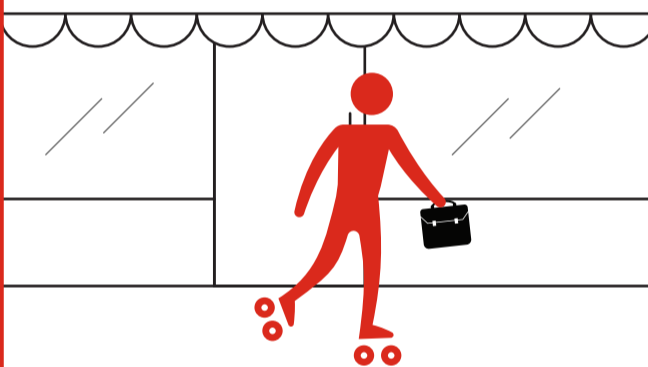
SIT LESS DURING YOUR COMMUTE

**GET OFF TWO STOPS
EARLY**



FOR EVERY EXTRA HOUR
YOU SIT, YOUR BLOOD
PRESSURE INCREASES

**WHY NOT WALK, RUN
OR CYCLE TO WORK?**



PHYSICAL ACTIVITY
REDUCES YOUR RISK OF
HEART DISEASE AND
STROKE

**STAND ON THE BUS
OR TRAIN**



HIGH LEVELS OF SITTING
INCREASE THE RISK OF
DEATH BY UP TO 49%

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

Visit **ESCAPEYOURCHAIR.IE**