

ESCAPE YOUR CHAIR

SIT LESS DURING YOUR FREE TIME

**TAKE A BREAK FROM
YOUR SCREEN**



**THE LONGER YOU SIT,
THE HIGHER YOUR BLOOD
PRESSURE**

**WORK OUT IN FRONT
OF THE TV**



**MUSCLES BURN LESS
FAT DURING PERIODS
OF PROLONGED SITTING**

GET ACTIVE



**PEOPLE SPEND UP TO
7.3 HOURS A DAY
SITTING DOWN**

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

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