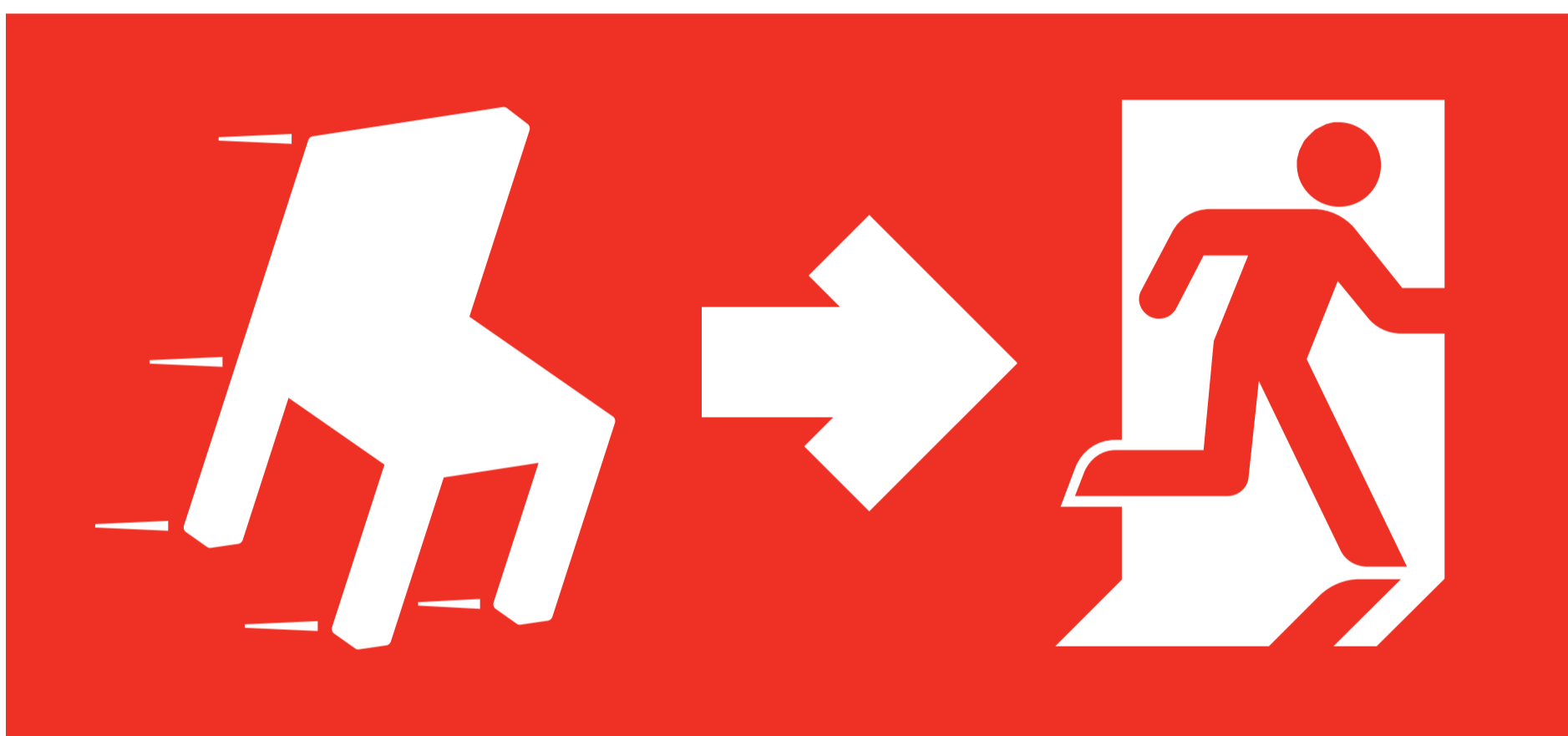


Escape Your Chair



Top Tips to Escape Your Chair

- 1 Plan activity into your day
- 2 Get active with a friend
- 3 Take the stairs instead of the lift
- 4 Walk or cycle for transport
- 5 Choose activities you enjoy