Cut down on sitting during your schooldays and workdays. You’ll stay more alert and get more done. Give it a try and stand up twice an hour!

Standing up invigorates you, improves the blood flow to your brain and body, and increases your energy consumption. Be good to yourself and give it a try: sit down less, stand up more!
EASY WELL-BEING MATH:

3 hours standing x 5 times a week
≈ -3.5 kilos a year

Make standing up into a habit, lift your bottom up!

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