

# MOVE MORE – SIT LESS

## LLIRI VARIIL

can decrease muscle strength and increase the risk of diabetes and blood clots over time. Reduced sitting time has benefits even for those who are physically active.

### Moving Tore

- HS HHHSHSHWHWH
- HSWWHHHWHW
- 5HHWHSHHWHW
- SHWH



## Interrupt sitting every 30 to 60 minutes

