GET ACTIVE VICTORIA

VICTORIA State Government

Take a stand against sitting.

Standing and moving between long periods of sitting improves your health and wellbeing.

Maximise your standing time by:

- Setting reminders to break up your sitting time with a 1-2 minute break every 30 minutes
- Standing on public transport
- Taking a short walk on your break
- Finding a place to work standing up

Find more tips at **getactive.vic.gov.au**

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.