GET UP and MOVING!

Studies show that sedentary lifestyles and sitting for long periods during the day is bad for you. No, just getting out is behind the computer is even sometimes. So here are a few steps you can get up and keep moving during the working day.

**THE ANSWER?** Join the 10,000 steps UK challenge

**WHAT TO DO:**
- approximately 5,000 steps per day
- 30 mins of walking gets about 1,200 calories
- Idea is to keep moving - not all at once!

**GET SIGNED UP TODAY!**

Contact [Name] [Email] for further information on how to get signed up

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**HOW THE CHALLENGE WORKS**

- 10,000 steps a day
- Virtual tour of the UK
- Team efforts
- Rewards and incentives
- 30 days challenge

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**TIPS FOR SUCCESS**

**AT WORK**

- Take the stairs/
- Take your lunch to eat in a part of the building that is on a different floor
- Try to keep moving around
- Huddle up with with colleagues to talk
- The least active part of the day to walk around

**AT HOME**

- Take a walk?
- Take the stairs/
- Walk around your home?
- Take the stairs/
- Take a walk?

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