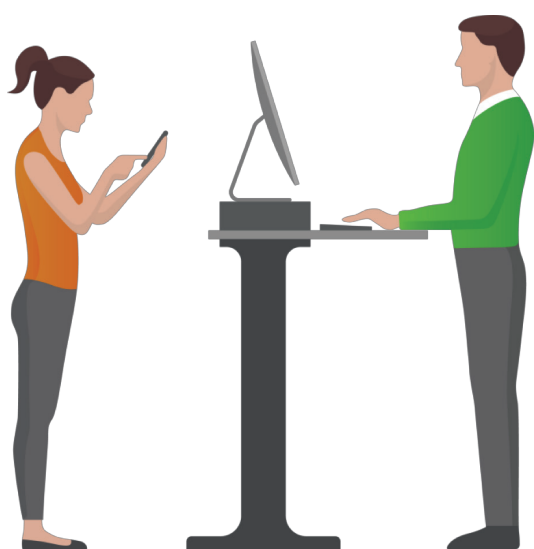


Office-based workers spend almost 75% of their workday sitting down but 95% report wanting to reduce this.

Introducing *SMARTWORK*

SMARTWORK is a FREE, evidence-based, online resource to help employees sit less and move more at work.



Sit less at work to feel:

- **more energised and focussed**
- **reduce back pain**
- **improve health and wellbeing**

SMART Work contains 3 resource kits, one for managers, one for workplace champions and one for individual employees.

MANAGER RESOURCE KIT

Contains a range of resources designed for managers to encourage their workforce to sit less and move more during the working day.

WORKPLACE CHAMPION RESOURCE KIT

Contains a range of resources designed for workplace champions to motivate their colleagues to sit less and move more during the working day.

INDIVIDUAL EMPLOYEE RESOURCE KIT

Contains a range of resources designed for managers to encourage their workforce to sit less and move more during the working day.

Sign up today at: www.smartworkandlife.co.uk