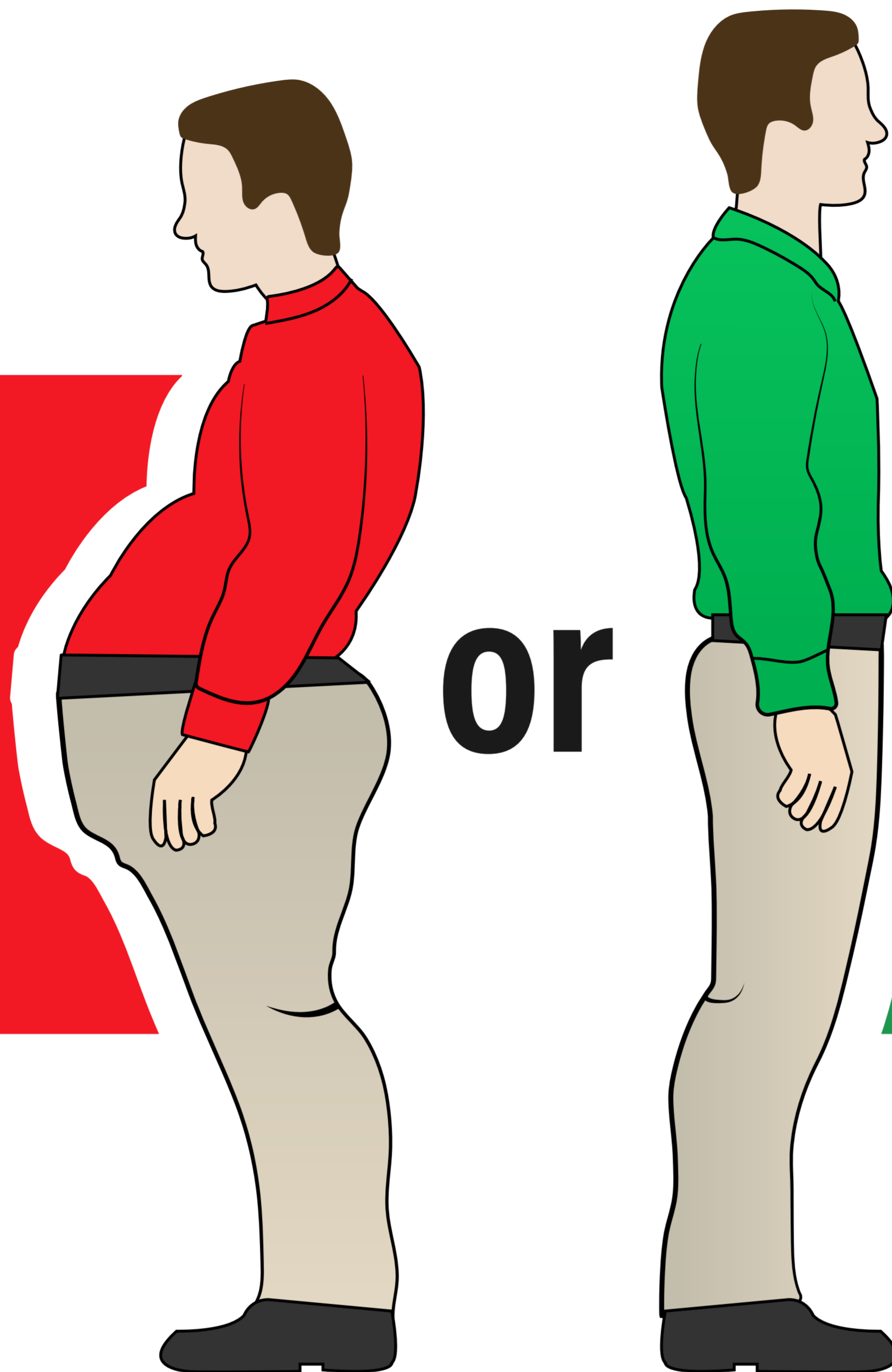


# CHOOSE A FUTURE YOU

**SIT**  
and compromise  
your long term  
health....



**SIT-STAND**  
and enjoy better long  
term posture, fitness and  
general wellbeing.

Humans aren't designed to sit for long periods. We're designed to move continuously throughout the day.

## TO AVOID LONG TERM HEALTH ISSUES:

- Get a sit stand desk
- Get Wellnomics sit-stand coaching software on your PC
- Get moving, between sit & stand, every 30 minutes