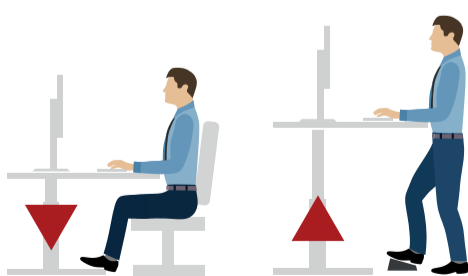
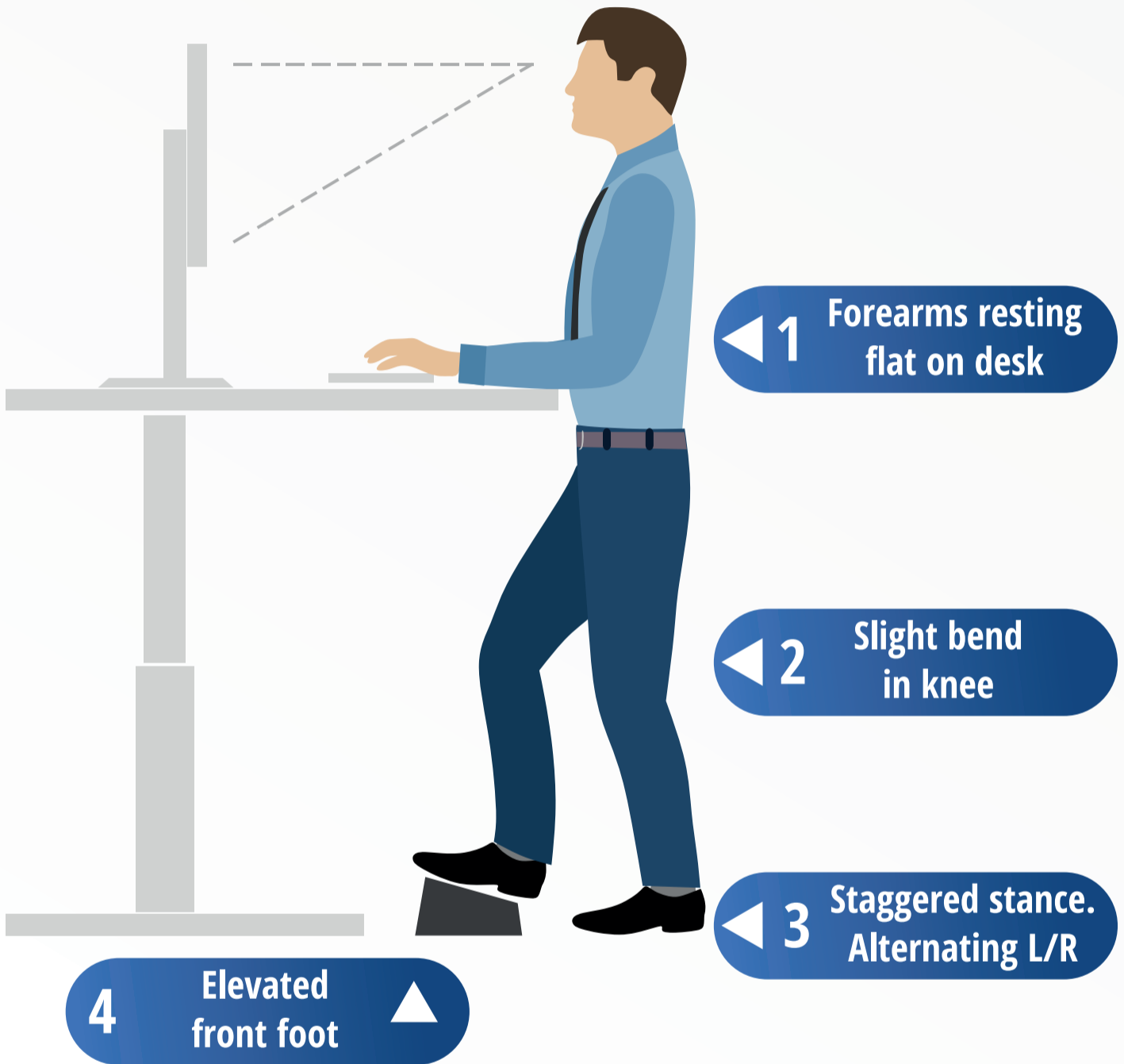


How to stand at your sit-stand desk



Remember
Alternate between
sit & stand every
30 minutes.

