

Apply tape here

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- Reminder to self:**
- < Stand to greet a visitor.
  - < Walk to my colleague's desk instead of phoning or emailing them.
  - < Use the stairs.
  - < Stand at the back of the room during presentations.
  - < Stand during phone calls.
  - < Eat lunch away from my desk.
  - < Move my bin away from my desk.
  - < Have a standing or walking meeting.

**I'M CHAIR-AWARE**

**As a chair boss I will Rise & Recharge every 30 minutes to feel better, stay sharp and reduce the health risks of spending too long in the saddle.**

**Short bursts of regular movement make me healthier at work.**

**Vodafone**  
Foundation



**Baker IDI**  
HEART & DIABETES INSTITUTE

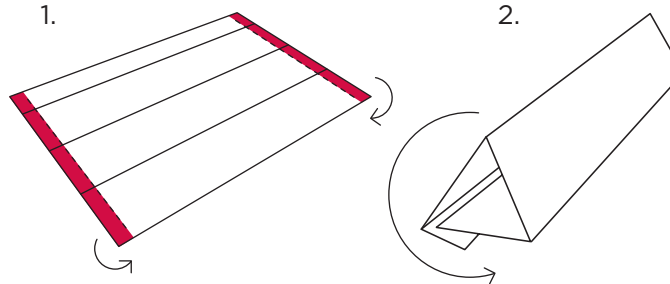


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# CHAIR BOSS

[www.riserecharge.com](http://www.riserecharge.com)



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