

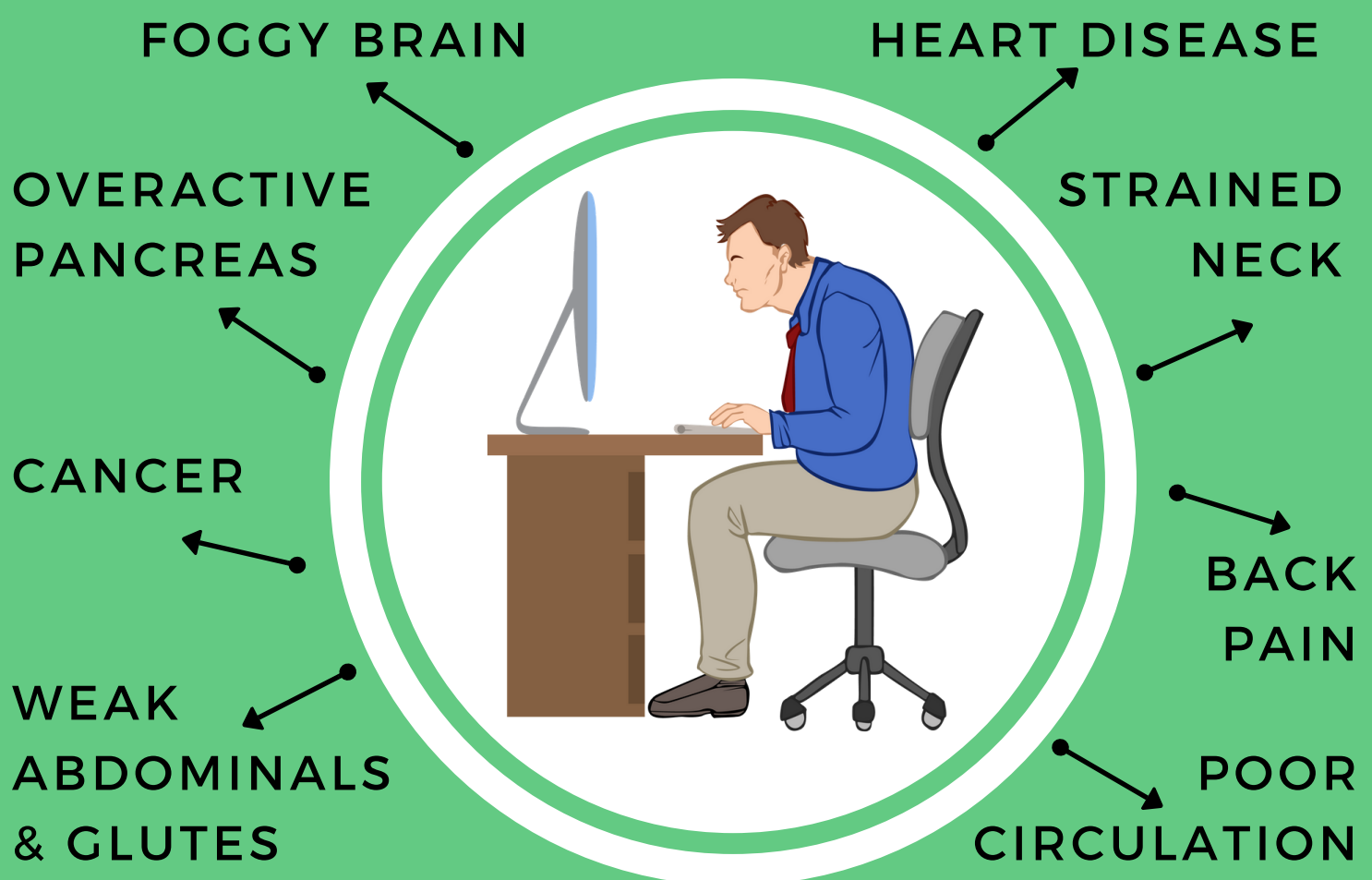
HOW SITTING IS AFFECTING YOUR HEALTH

“More than one half of an average person’s day is spent being sedentary – sitting, watching television, or working at a computer”

THE AVERAGE ADULT SITS FOR APPROXIMATELY

8 HOURS PER DAY

THE HAZARDS OF SITTING TOO LONG...



48%

MORE LIKELY TO DIE FROM ANY CAUSE

MORE LIKELY TO BE



EXERCISE
DOESN'T CUT IT...

6 HOURS OF SITTING COUNTERACTS THE HEALTH BENEFITS OF 1 HOUR OF EXERCISE

125%

MORE LIKELY TO HAVE HEART PROBLEMS



FIND WAYS TO INCLUDE MORE MOVEMENT

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