




"We get
ours at
work"

Walking meetings are a great way to get up and away from your desk. By moving as much as possible you can help avoid back and posture issues and it helps get that step count up.



**How do you
get yours?**




"I could
get mine on
my break"

You might feel like you've been on your feet all day and you've done your physical activity... but it's important to make sure you've raised your heart rate. So if you haven't been out of breath for ten minutes, get together with your colleagues and try a quick walk in your break.



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