

GET UP, GET FIT

On your feet for better health.

While there's still a lot to discover about healthy living, researchers and doctors agree on this: Too much sitting is bad for your health. Excessive sitting is considered a health risk leading to several diseases – including heart ailments, type 2 diabetes, obesity and some cancers – even when we get the weekly minimum of 150 minutes of moderate-intensity activity, such as brisk walking.

Take a stand

