

# stand up

LITTLE EFFORT  
GREAT EFFECT

Over 70% of people in Switzerland are active in their leisure time, which benefits their health. Even so, lots of people sit for up to 15 hours a day.

According to the latest studies, regular breaks during long periods of sitting are important for our health and ideally complement leisure activities. Standing up is easy to do, has a great effect and can simply be integrated into our daily routine:



At breakfast



On the way to work



At work



When relaxing



At lunch

to up  
**15** hours'  
sitting  
per day



At dinner



In meetings



At home



During leisure time



On the road

## Did you know?

People who exercise regularly not only build up muscle. Their bones, joints and organs get stronger, their immune system, memory and learning capacity improve too.

Exercise keeps mind and body fit and protects against cancer, diabetes, back pain, respiratory and cardiovascular diseases. For more tips and information: [www.bag.admin.ch/stand-up](http://www.bag.admin.ch/stand-up)



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