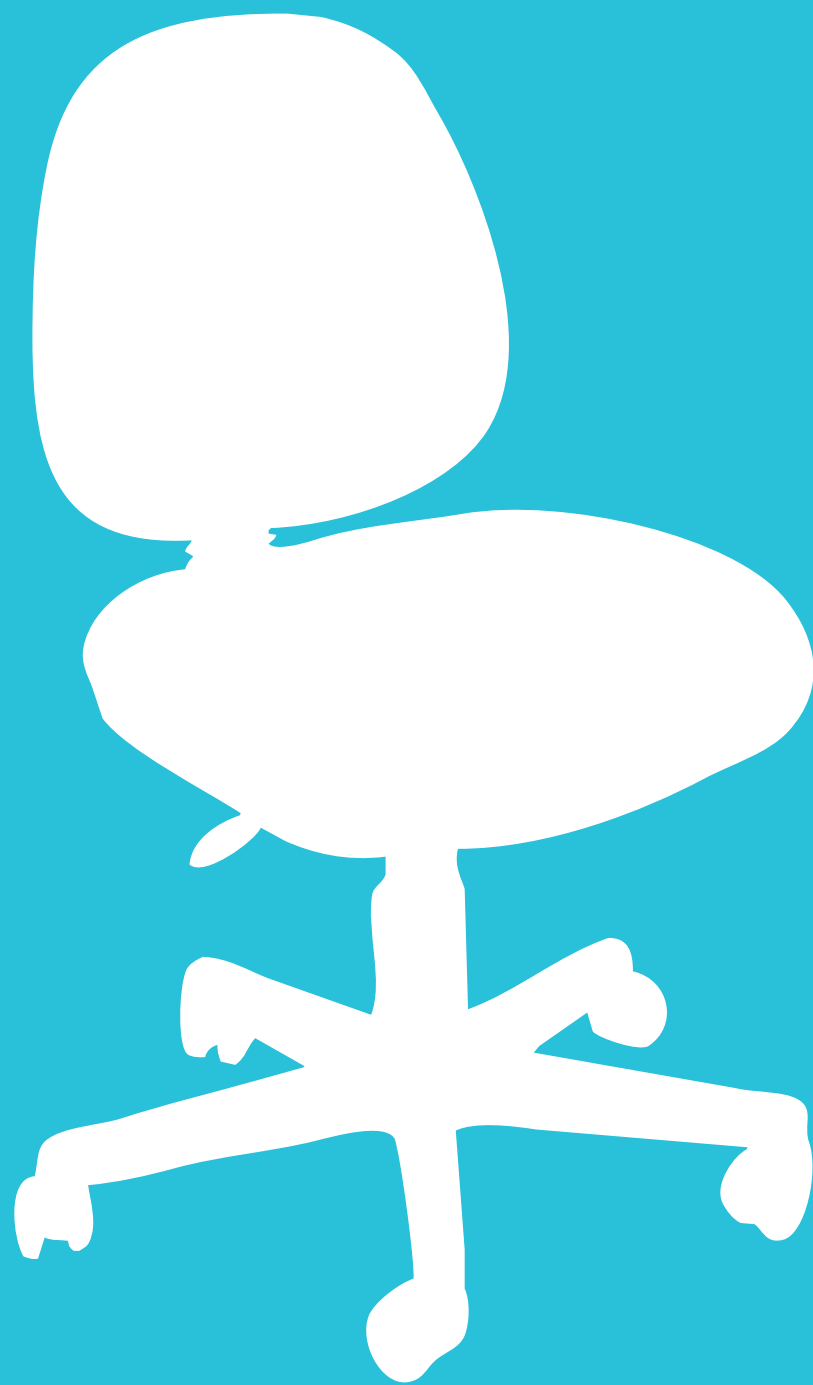


# SKIP THE SEAT



**Physiologically, standing helps release endorphins.**

**The brain and body become more alert and energy levels rise, increasing productivity.**

**So why not try a meeting standing up?**

# SIT LESS, GET ACTIVE.