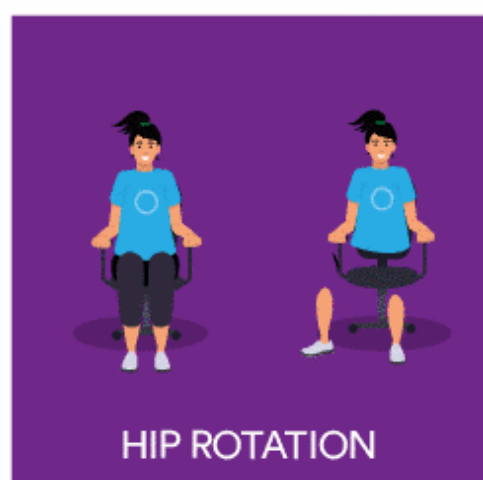
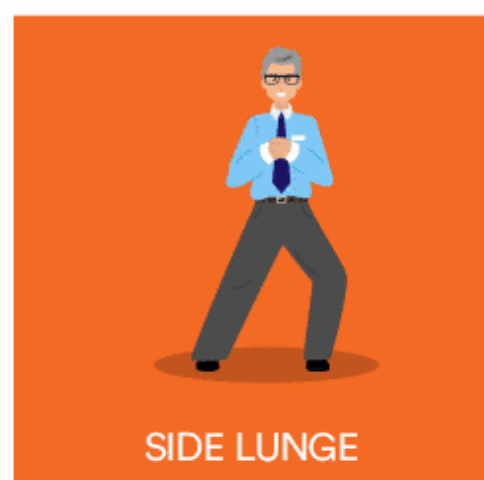
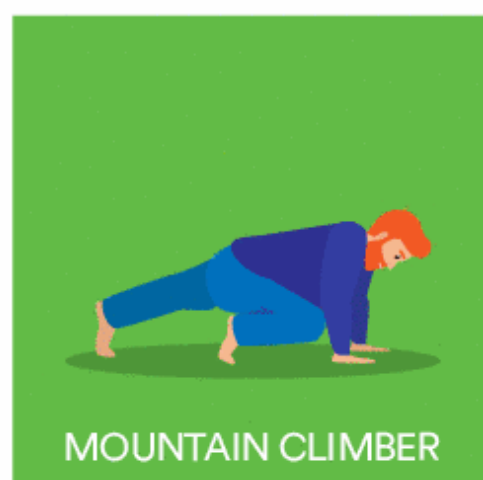
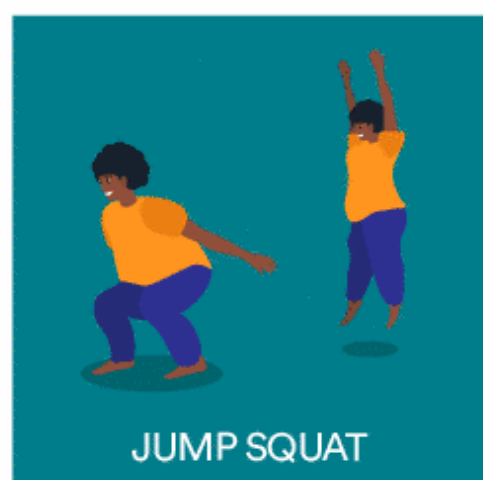
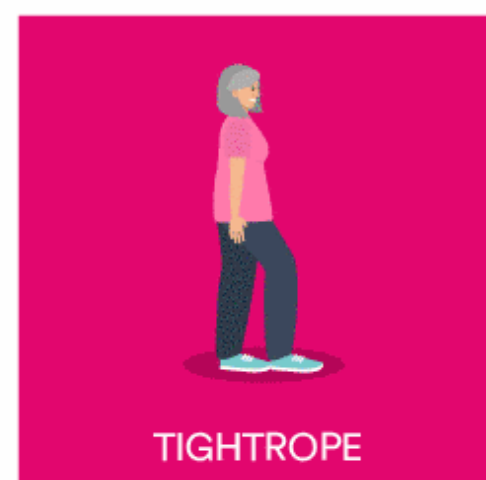
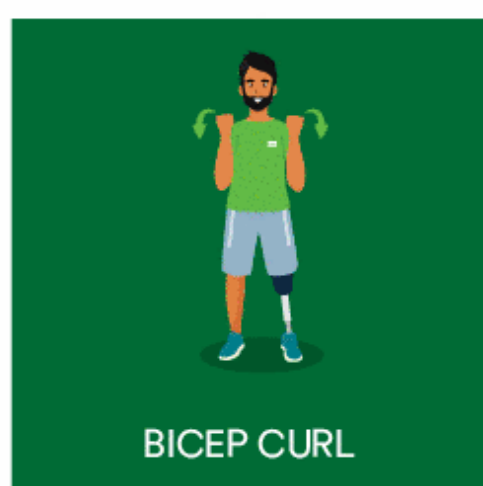
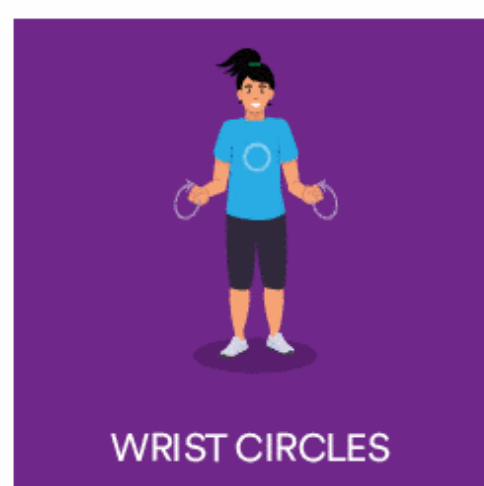
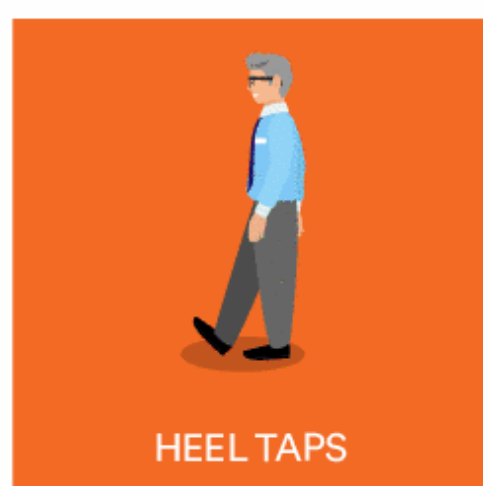
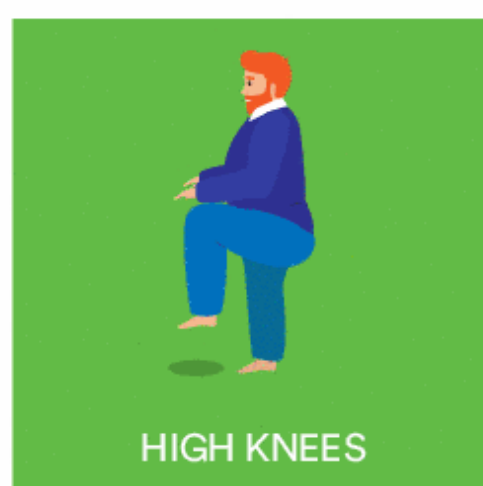
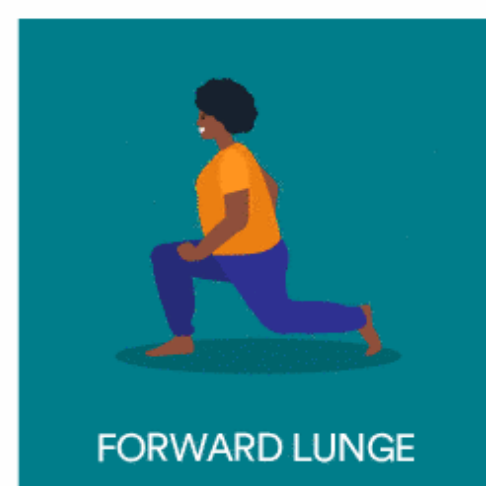
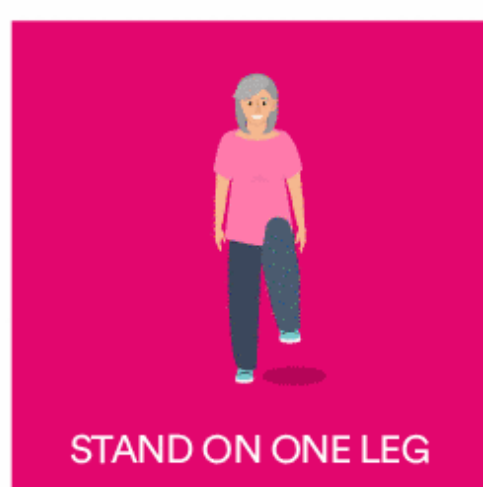
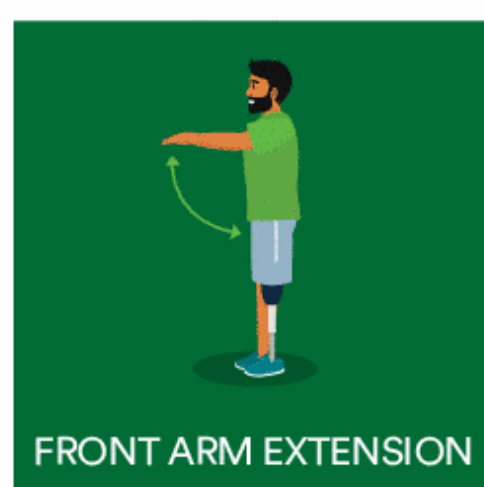
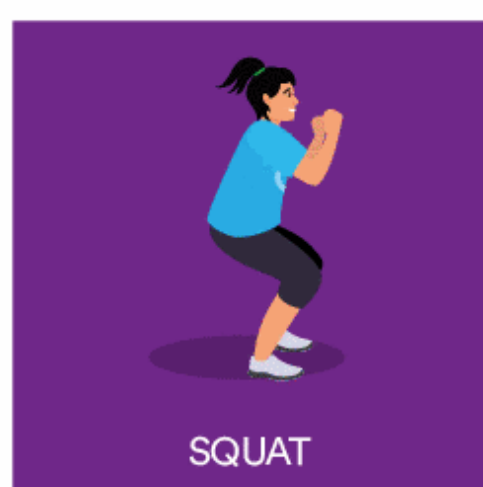
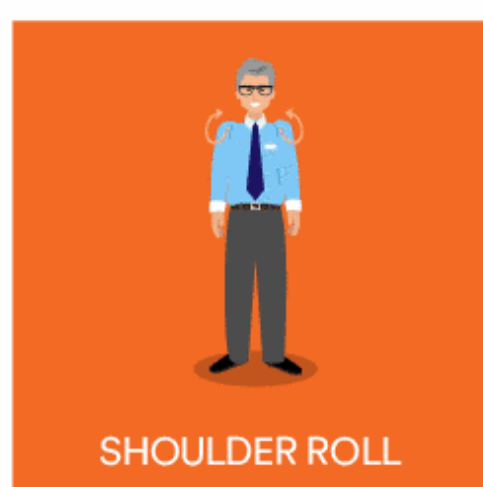
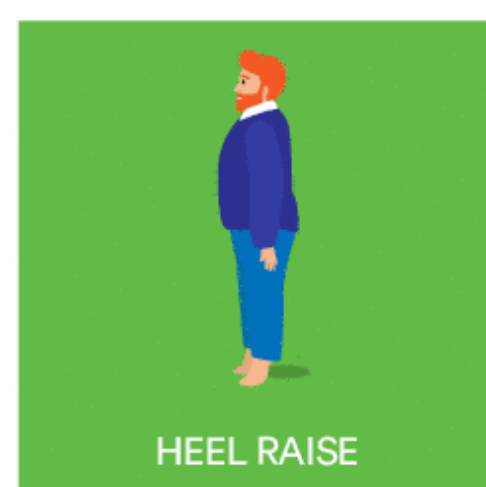
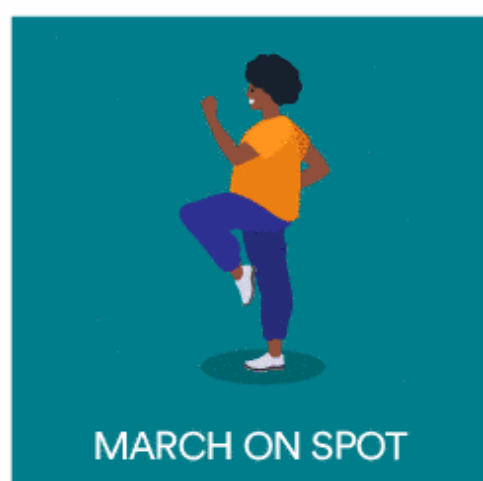
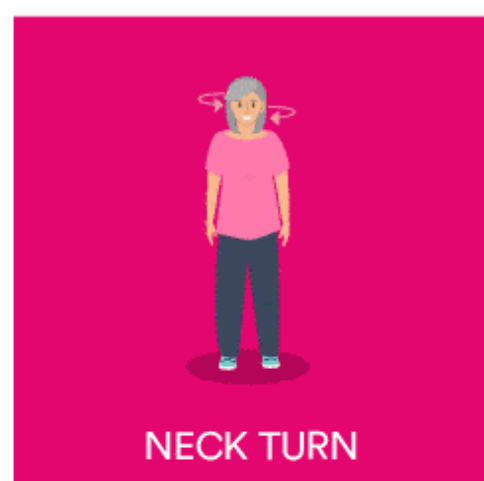
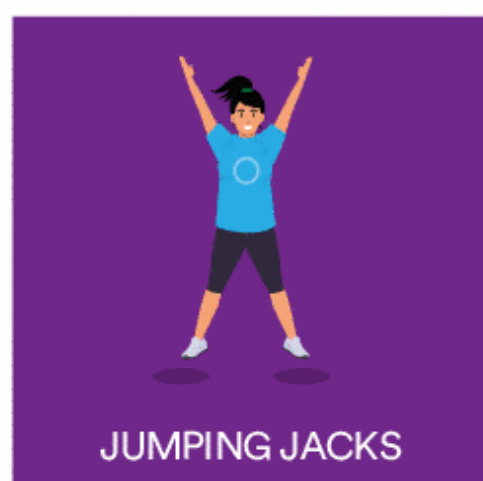
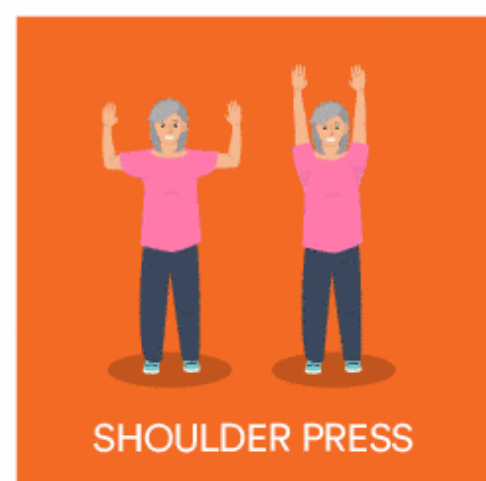


# ESCAPE YOUR CHAIR



Choose a movement from below or add your own.  
Spend 1 minute moving your body each hour.  
Encourage your colleagues to join in.

## Have FUN!



Contact : [hwb.dncc@hse.ie](mailto:hwb.dncc@hse.ie)

