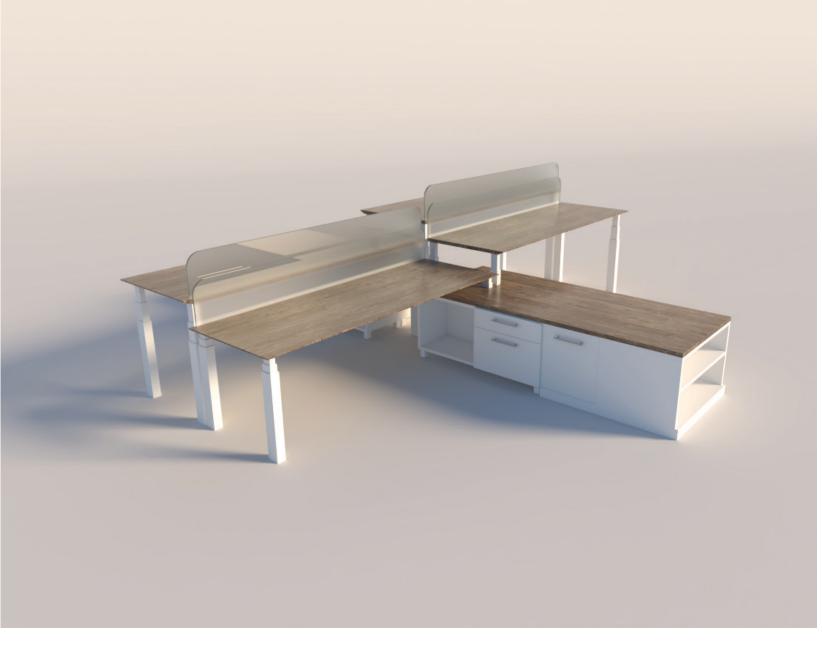
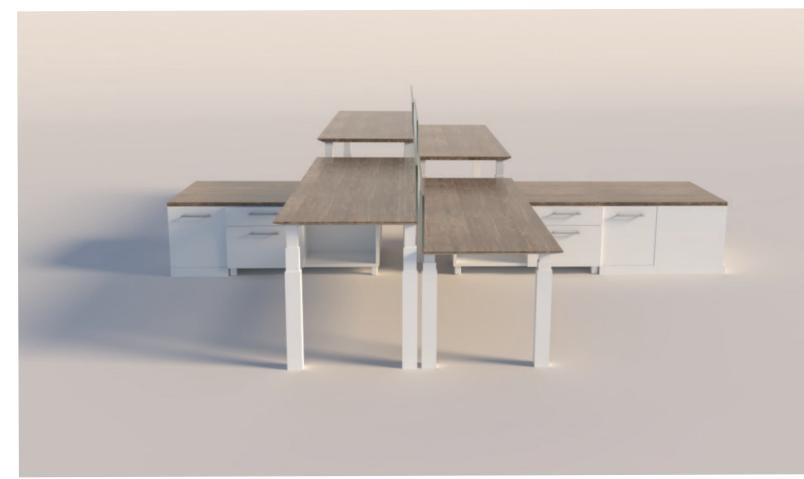


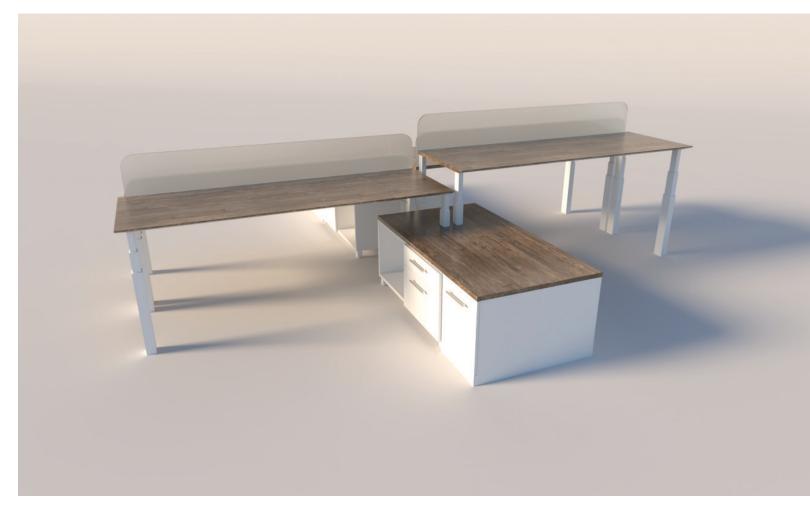
SIT-STAND WORKSTATION

A RECENT STUDY FOUND THAT NO MATTER HOW MUCH YOU EXERCISE, SITTING FOR EXCESSIVELY LONG PERIODS OF TIME IS A RISK FACTOR FOR EARLY DEATH.

Link to full article https://www.cnn.com/2018/11/20/health/sitting-study-cdc/index.html







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