

LITTLE  
EFFORT  
GREAT  
EFFECT

Three quarters of Swiss people are active in their free time and do something that's good for their health. Even so, many sit for up to 15 hours a day.

Studies show that getting up regularly and interrupting long periods of sitting has positive health benefits and is an ideal complement to leisure activities. Getting up is easy, is very good for you, and is easy to build into your daily routine.



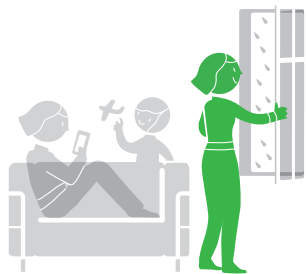
At breakfast



On the way to work



At work



When relaxing



At dinner



At home



During leisure time



On the road



At lunch



In meetings

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



Did you know?

Regular exercise doesn't just build muscle, but strengthens your bones, joints, organs and immune system as well. It also improves your memory, your ability to learn and your sleep. Exercise is good for your physical and mental

health, helping prevent respiratory and cardio-vascular diseases, obesity, cancer, diabetes and back problems. More tips and information: [www.bag.admin.ch/standup](http://www.bag.admin.ch/standup)



Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Swiss Confederation

Federal Department of Home Affairs FDHA  
Federal Office of Public Health FOPH