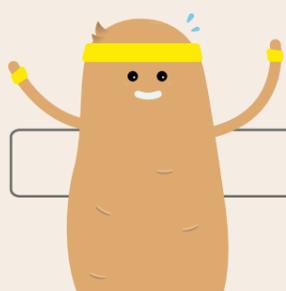


DO THE SIT LESS, MOVE MORE WORKOUT

Note: Keep safe while exercising! Remember to drink plenty of water and only exercise before meals, or at least 2 hours after a heavy meal. Do not exercise when you are unwell, and stop exercising immediately if you feel giddiness or pain.



Learn more ways to stay active at [moveit.sg](https://www.moveit.sg)