



BUST A GOOD MOVE AT WORK!

 **GALLAGHER BASSETT**
GUIDE. GUARD. GO BEYOND.

GB Integrated Wellness

www.gallagherbassett.com.nz



GOOD



30 mins of physical activity a day.



BETTER



Standing up after long periods of sitting. (every 30 mins)



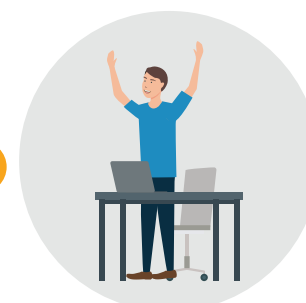
30 mins of physical activity a day.



BEST



Moving regularly during the day. (walking meetings, standing, stretching)



Standing up after long periods of sitting. (every 30 mins)



30 mins of physical activity a day.