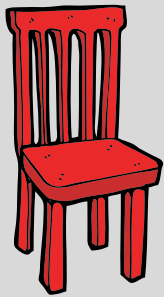


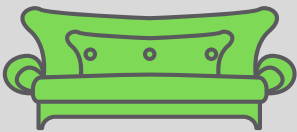
# TAKE THE CHALLENGE: STAND UP AND MOVE!



**RED:** MORE THAN 6 HOURS PER DAY  
TRY TO INCREASE YOUR PHYSICAL ACTIVITY  
EACH DAY!



**YELLOW:** 4-6 HOURS PER DAY  
TRY TO REDUCE THE TIME YOU SIT EACH  
DAY!



**GREEN:** LESS THAN 3 HOURS PER DAY  
THIS IS THE AMOUNT YOU SHOULD  
STRIVE FOR!

