

# Is your office chair fitter than you?



Keeping fit helps prevent injuries. If you want to be fit and active or spend a lot of time sitting down at work, you can find a range of fitness programmes designed to improve your strength, balance and mobility at [www.suva.ch/bewegung](http://www.suva.ch/bewegung).

## An active working life

If you spend a lot of time sitting, you need to get moving. Otherwise you run the risk of suffering from muscle tension, headaches and back pain, a lack of concentration and digestive problems. So it's important to exercise regularly.

### Here's what to do:

- Put this poster up in your workplace as a reminder to you and others.
- Visit [www.suva.ch/flow](http://www.suva.ch/flow) to find out how you can get fit without getting out of your office chair. Treat yourself to regular exercise breaks. That's how to stay fit and active.

