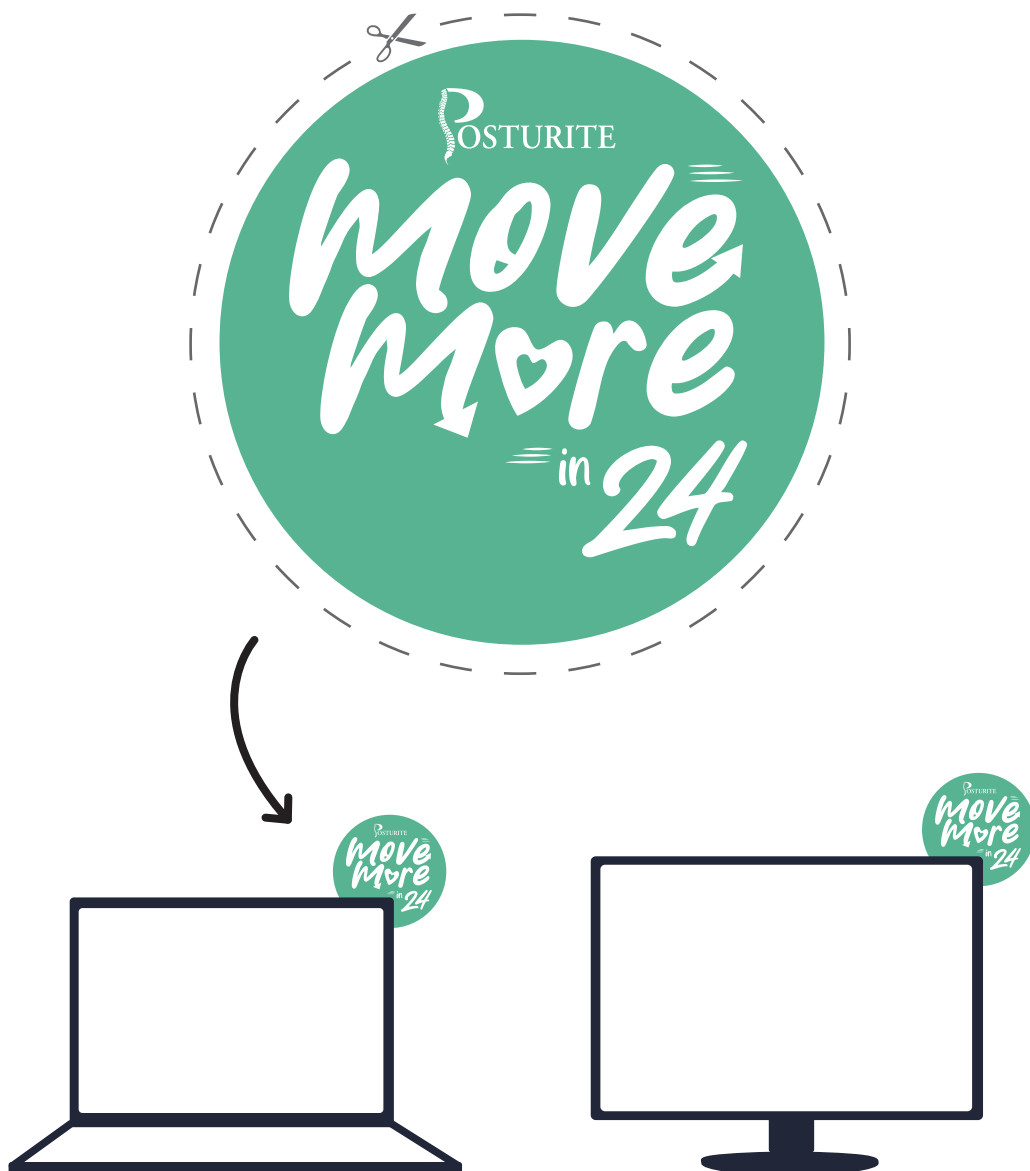




Your Move More in '24 reminder badge

You could print off this page, cut out the badge and affix it to the top back corner of your screen – to remind you to move regularly while working.



Don't want to print anything?

No problem – you can sign up to Move More in '24 emails for digital reminders instead