Kansas City

Sitting at Work

How you sit and how long you do it has the potential to affect your health. The time is now to make a change.

Sources: http://www.drharrislee.com/single-post/2015/05/14/How-to-sit-at-your-desk and https://www.theladders.com/career-advice/sitting-at-work-is-killing-you-heres-how-to-take-a-stand

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