

# YOU can be at risk RISK

90 minutes of sitting reduces your blood flow behind your knees by 50% increasing your risk of a DVT

## What can you do:

- Keep Moving
- Take a break – at least every 90 minutes
- Walk around
- Do regular feet and leg exercises
- Check your sitting style – avoid cross legs / ankles or sat on one leg
- Keep well hydrated
- Avoid remaining at your desk for lunch

## THINK THROMBOSIS



[www.thrombosisuk.org](http://www.thrombosisuk.org)