

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

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