

Sitting is the New Smoking

Your chair is out to kill you.

Just like smoking, every hour you are seated takes 22 minutes from your life span.

We can't change your job, but we can help you get off your backside.

A good ergonomic set up and some education on how to create healthier work habits can leave you with a less tight back and more of a tight ass.

Call **1300 663 155** or email info@actevate.com.au to receive 20% off the price of your ergonomic assessments from our lively team of health professionals before 30th June 2015.

Let us help you get comfortable.



Work Better Live Better

Making a to-do list for your to do list?

Gym at 6.00am, traffic at 7.30am, work at 8.00am. Deadlines, competition, family, relationships and commitments. Don't forget to fit in your social life...

Actevate offer resilience training by a registered psychologist to help you deal with a fast-paced, stress filled environment; helping you manage your stress levels and get the most out of your work and play.

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Let us help you get balanced!

