

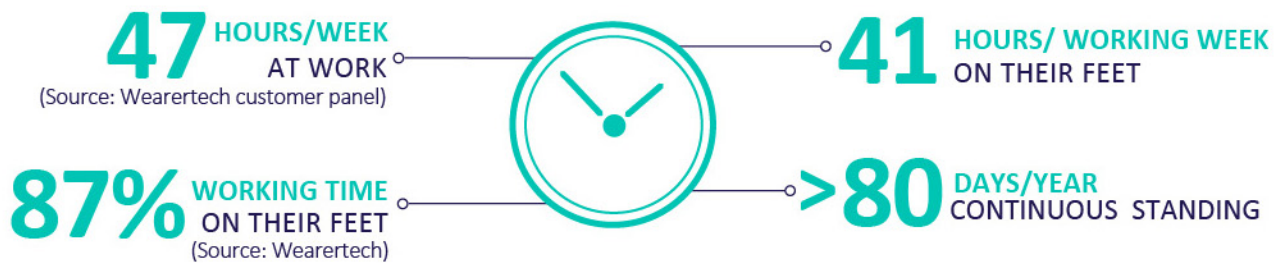


TIPS FOR CHEFS

STANDING ON THEIR FEET ALL DAY



THE AVERAGE CHEF SPENDS:



INCREASED HEALTH RISKS



RECOMMENDATIONS: What can you do?



Break up periods of standing by **SITTING DOWN** when possible



Wear **THE CORRECT FOOTWEAR** for you – you should choose a shoe because it fits your feet well and is comfortable for you, not for your friend. This shoe should have the correct level of support and cushioning.



Use **COMPRESSION SOCKS** to reduce blood pooling in the lower leg and the associated discomfort