

HOW TO

STAND UP

(for your rights)

4 STEPS

place feet firmly on ground, shoulder width apart

STEP 2

lean forward, with your torso extended

STEP 3

pivot knee from 90° angle to 180°

STEP 4

once you are supporting your weight, you are successfully standing

AN EMPTY CHAIR SHOWS YOU CARE



NOT ENDORSED BY THOSE
—THAT PREFER TO SEE YOU SITTING—

TUESDAY NOVEMBER 2 GET OFF YOUR ASS AND GO VOTE!