Imagine if every office worker in Britain took James Brown at his word. You’d see a different aspect of your colleagues, and you’d soon find out who is The Wiggler, The Waggler, The Shaker or The Flaunter.

On 29 April 2016 we’re challenging the nation to get On Your Feet Britain. Take part in our second national day when workers across Britain will sit less and stand more.

Instead of emailing the person opposite, do something revolutionary – walk over and talk face to face. It’s a good way to do business and it’ll do you good.

Ditch your usual lunch ‘al desko’ and take a stroll outside. You’ll get a spring in your step and feel better for it.

Make that important call while standing up. You’ll feel more confident and burn more calories than sitting.

Why not take it on as an office challenge and free yourself from the office chair for the day. Find fun and easy ideas online to take part.

Sign up today at onyourfeet.org.uk

Facebook: facebook.com/getbritainstanding

@getGBstanding

On Your Feet Britain
29 April 2016

Take a stand for workplace health. Challenge yourself to sit less and move more at work.

Sign up today at: onyourfeet.org.uk

‘GET UP OFFA THAT THING’