

WIGGLE IT  
WAGGLE IT  
MOVE IT  
GROOVE IT  
JUST DON'T  
SIT ON IT

on your  
**feet**  
Britain

*Date for your Diary*

**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](http://onyourfeet.org.uk)

#CHIEFWIGGLEOFFICER

Hi I'm Rudi, here to get you moving.  
What will you do?



Event  
Organiser

In Association  
With



'GET UP OFFA THAT THING'

on your  
**feet**  
Britain

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 Wagglor, 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](http://onyourfeet.org.uk)

[@getGBstanding](https://www.facebook.com/getbritainstanding)  
[facebook.com/getbritainstanding](https://www.facebook.com/getbritainstanding)

#THEWIGGLER

Lucy from Finance  
will be wiggling it.  
What will you do?



#SITLESS

#THEWAGGLER

Dave from IT will  
be wagging it.  
What will you do?



#MOVEMORE