

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

on your
feet
Canada

FREE sign-up

On Your Feet
27th April 2018

Take a stand for workplace health. Challenge your co-workers (and bosses) to sit less & move more during office hours for a single day.

Sign up today at:

www.onyourfeetday.com/canada

#CHIEFWIGGLEOFFICER

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

©Active Working C.I.C, registered in England and Wales (09154581)



Event
Organiser

In Association
With



Healthy thanks to our sponsors:

YO-YO DESK[®]

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STANDING DESK MEGASTORE

'GET UP OFFA THAT THING'

on your
feet
Canada

Awareness of the "Sitting Disease" has rocketed up in recent years. Surely it's time your workplace joined in our fun event to take James Brown at his word.

Join 2 million office workers #SitLess and #MoveMore by signing up your workplace to a free event and see a different aspect of your co-workers. Find out who is The Wiggler, The Wagglor, The Mover or the Groover.

On **27th April 2018** we're challenging the nation again to get **On Your Feet**. Take part in our fourth national day when 2 million workers across Canada will sit less & move more.

Instead of emailing the person opposite, do something revolutionary – walk over & talk face to face. It's a good way to do business & 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 phone calls standing up. You'll feel more confident and burn more calories than sitting.

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

Sign up today at:

www.onyourfeetday.com/canada

[@getCDAstanding](https://twitter.com/getCDAstanding)

facebook.com/getcanadastanding

#THEWIGGLER

Amy from PR will be wiggling it.

What will you do?



#MOVEMORE

#THEWAGGLER

Brad from Finance will be wagglor it.

What will you do?



#SITLESS