

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

on your
feet
Canada



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

On Your Feet®
onyourfeetday.com/canada

WORKPLACE GUIDE

#SITLESS #MOVE MORE

Event organizer
 Get Canada®
 Standing .org

In association with


It's one of your most vital assets. You can wiggle it, waggle it, move it or groove it. Just don't sit on it.

On 26th April, **Get Canada Standing**[®] are asking the nation to join the fight to improve workplace health by taking on the challenge to get on their feet.

We want workplaces and individuals across Britain to stand & move more for the day. You can be as creative as you like, have fun with your colleagues.



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#SITLESS #MOVE MORE

#THEMOVER

Marcus from Finance will be moving it.

What will you do?

GET UP OFFA THAT THING

IDEAS TO GET YOU MOVING

YOUR FEET IDEAS

1. Last man standing

Run a competition to see who is sitting the least during OYF day. Crown the winner and maybe give them a prize. Or get into teams and challenge your colleagues to see which team will clock up the most minutes standing.

3. Office runner

Ask for a volunteer to be the office runner for the day. Instead of sending internal emails have your messages delivered by hand.

2. Musical chairs

A team competition to see how long you can stand during the day. At least one team member must be on their feet at all times. Winning team gets the glory, and a prize.

4. Virtual marathon

Set up a "Step Challenge" for teams from different departments to compete against each other. You can use free mobile Apps as a pedometer. The group that walk the most steps on OYF Day wins a prize!

#THEENERGIZER

Carl from HR will be energizing it.

What will you do?

#SITLESS #MOVE MORE



TOP TIPS TO GET ON YOUR FEET

- Run a lunchtime fitness workshop for the office.
- An alert will sound at random times and everyone must stand up when it does. A fine for those caught napping.
- Take regular breaks from your computer, stand up, stretch and walk around the office. Ignore the bemused looks.
- Make phone calls standing up.
- Use the stairs.
- Have standing or walking meetings.
- Have one less chair than people at meetings. Get everyone to move around with each new agenda item.
- Ban internal emails. Everyone must walk to colleagues to discuss work. Be prepared that some people may have aged - depending on how long you've left it.
- Organise a lunchtime walk.
- Walk to work, or get off a few stops earlier and walk the rest of the way.



DID YOU KNOW?

Sitting less and moving more is good for you

You'll burn more calories, a good way to maintain a healthy weight.

You'll be less likely to develop coronary heart disease, or Type 2 diabetes.

#THEMOVER

Julia from PR will be wiggling it.

What will you do?

#SITLESS #MOVE MORE