

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

on your  
**feet**<sup>®</sup>  
Canada

*FREE sign-up*

**On Your Feet<sup>®</sup>  
26<sup>th</sup> April 2019**

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:  
**[onyourfeetday.com/canada](http://onyourfeetday.com/canada)**

**#CHIEFWIGGLEOFFICER**  
Hi I'm Viv, here to get moving.  
*What will you do?*

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



Event organizer



In association with



Healthy thanks to our sponsors:

**sit-stand.com<sup>®</sup>**  
STANDING DESK MEGASTORE

work**athlete.**<sup>®</sup>

YO-YO**DESK**<sup>®</sup>

 **flytta**<sup>®</sup>

# “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 colleagues. Find out who is The Wiggler, The Wag-gler, The Mover or The Groover.

On **26<sup>th</sup> April 2019** we’re challenging the nation again to get **On Your Feet**<sup>®</sup>. Take part in our fifth national day when 2 million workers across Canada will sit less & move more.

Instead of emailing the person oppo-site, 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 chal-lange & free yourself from the office chair for the day. Find fun & easy ideas online to take part.

Sign up today at:  
[getcanadastanding.org/](http://getcanadastanding.org/)

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

## #THEWIGGLER

Julia from PR will be wiggling it.

*What will you do?*



#SITLESS

## #THEMOVER

Marcus from Finance will be moving it.

*What will you do?*



#MOVE MORE