

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

FREE sign-up

On Your Feet

24th Sept. 2020

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:
onyourfeet.org.uk

#CHIEFWIGGLEOFFICER

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



Event organizer



In association with



Healthy thanks to our sponsors:

sit-stand.com[®]

STANDING DESK MEGASTORE

workathlete.[®]

YO-YODESK[®]



“GET UP OFFA THAT THING”

on your
feet
Britain

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 **24th September 2020** we’re challenging the nation again to get **On Your Feet**[®]. Take part in our sixth national day when 2 million workers across Britain 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:
onyourfeet.org.uk

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



#THEWIGGLER
Tracy from PR will be wiggling it.

What will you do?

#SITLESS

#THEMOVER
Andy from Finance will be moving it.



#MOVE MORE