

#OYF2022

Wiggle It
Waggle It
Move It
Groove It
**Just Don't Sit
On It.**

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

#CHIEFWIGGLER
Hi I'm ANDREA, here to **get you wiggling**

SIGN UP TODAY AT:
onyourfeet.org.uk

**28th APRIL
2022**

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