

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

on your  
**feet**  
**Britain**

*Download posters  
today*

**On Your Feet Britain**  
29 April 2016

Take a stand for workplace  
health. Challenge yourself to sit  
less and move more at work.

Sign up today at:  
**[onyourfeet.org.uk](http://onyourfeet.org.uk)**

**#CHIEFWIGGLEOFFICER**

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

**#SITLESS #MOVEMORE**

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



Event  
Organiser

In Association  
With

