

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

*Download posters
today*

On Your Feet America
29 April 2016

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

Sign up today at:
getamericastanding.org

#CHIEFWIGGLEOFFICER

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

on your
feetTM
America



'GET UP OFFA THAT THING'

Imagine if every office worker in Britain took James Brown at his word. You'd see a different aspect of your co-workers, and you'd soon find out who is The Wiggler, The Waggle, The Shaker or The Flaunter.

On **29 April 2016** we're challenging the nation to get **On Your Feet America**. Take part in our first national day when workers across America will sit less and stand more.

Instead of emailing the person opposite, do something revolutionary – walk over and talk face to face. It's a good way to do business and it'll do you good.

#THEWIGGLER

Lucy from Finance will be wiggling it.
What will you do?



#SITLESS

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 that important call while standing up. You'll feel more confident and burn more calories than sitting.

Why not take it on as an office challenge and free yourself from the office chair for the day. Find fun and easy ideas online to take part.

Sign up today at
getamericastanding.org

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#THEWAGGLER

Dave from IT will be wagging it.
What will you do?



#MOVEMORE