

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

on your  
**feet**  
Northern  
Ireland

*Download posters  
today*

**On Your Feet  
Northern Ireland**  
29 April 2016

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

Sign up today at:  
**onyourfeet.eu**

#CHIEFWIGGLEOFFICER

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



In Association  
With



## 'GET UP OFFA THAT THING'

on your  
**feet**  
Northern  
Ireland

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

On **29 April 2016** we're challenging the nation to get **On Your Feet Northern Ireland**. Take part in our first national day when workers across Northern Ireland 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.

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  
**[www.onyourfeet.eu](http://www.onyourfeet.eu)**

**@getNlstanding**

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



#SITLESS

#THEWAGGLER  
Dave from IT will  
be wagglor it.  
What will you do?



#MOVEMORE