

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

**on your  
feet™**  
Northern  
Ireland

**YOUR WORKPLACE CHAMPION FOR  
ON YOUR FEET NORTHERN IRELAND**

**WILL BE ORGANIZING A**

**ON THE**

**COME ALONG AND JOIN THE FIRST NATIONAL  
CHALLENGE TO GET NORTHERN IRELAND STANDING**

**#SITLESS #MOVEMORE**

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

In Association  
With

