

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?

#SITLESS #MOVEMORE

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In Association
With

