

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

on your
feet
Ireland

*Download posters
today*

On Your Feet 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?



Event
Organiser

In Association
With



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

'GET UP OFFA THAT THING'

on your
feet
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 Ireland**
Take part in our first national day
when workers across 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
onyourfeet.eu

@getIRLstanding

#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