

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

on your
feet
Ireland

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today*

On Your Feet Ireland
29 April 2016

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

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#CHIEFWIGGLEOFFICER

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

#SITLESS #MOVEMORE

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