

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

on your  
**feet**<sup>TM</sup>  
Canada

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

**On Your Feet Canada**  
[getcandastanding.org](http://getcandastanding.org)

**WORKPLACE GUIDE**

#SITLESS #MOVEMORE



Event  
Organizer



In Association  
With



It's one of your most vital assets.  
You can shake it, flaunt it, wiggle it  
or waggle it. **Just don't sit on it.**

On 29th April, Get Canada Standing  
are asking the nation to join the fight  
to improve workplace health by taking  
on the challenge to get on their feet.

We want workplaces and individuals across  
Canada to stand and move more for the day.  
You can be as creative as you like, have fun  
with your co-workers.

Get started with these great ideas



#THEGROOVER

Trudi from PR will be grooving it.

What will you do?

# GET UP OFFA THAT THING IDEAS TO GET YOU MOVING

## 1. Last man standing

Run a competition to see who can stand the longest during the day. Charge a small fee for individuals to enter. Crown the winner and maybe give them a prize, such as a day's leave.

Or get into teams and challenge your co-workers to see which team will clock up the most minutes standing.

## 2. Musical chairs

A team competition to see how long you can stand during the day. At least one team member must be on their feet at all times. Winning team gets the glory, and a prize.

## 3. Office runner

Ask for a volunteer to be the office runner for the day. Instead of sending internal emails have your messages delivered by hand. You may like to pay \$1 for this gold-standard service!

## 4. Virtual marathon

Enter as an individual or a team and attempt to walk a virtual marathon, London to Paris, or another iconic sporting challenge.

#SITLESS #MOVEMORE

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



# TOP TIPS TO GET ON YOUR FEET

- Run a lunchtime fitness workshop for the office.
- An alert will sound at random times and everyone must stand up when it does. A fine for those caught napping.
- Take regular breaks from your computer, stand up, stretch and walk around the office. Ignore the bemused looks.
- Make phone calls standing up.
- Use the stairs.
- Have standing or walking meetings.
- Have one less chair than people at meetings. Get everyone to move around with each new agenda item.
- Ban internal emails. Everyone must walk to co-workers to discuss work. Be prepared that some people may have aged - depending on how long you've left it.
- Organize a lunchtime walk.
- Walk to work, or get off a few blocks earlier and walk the rest of the way.



## DID YOU KNOW?

Sitting less and moving more is good for you.

You'll burn more calories, a good way to maintain a healthy weight.

You'll be less likely to develop coronary heart disease, or Type 2 diabetes.

## #THEWIGGLER

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

# ABOUT US

#SITLESS #MOVEMORE



**Get Canada Standing™:** a campaign to grow awareness and education of the dangers of sedentary working and in particular prolonged sitting time. The average Canadian office worker sits 10 hours each day, with almost 70% of sitting taking place at work. There is growing scientific evidence highlighting the multiple health risks (including cardiovascular disease, diabetes (type 2), certain cancers and mental health) caused by excessive and prolonged sitting.

**Active Working CIC:** is leading the global insight and evidence based research on sedentary behaviour. We commissioned the first **global expert recommendations** on standing time for office workers (with the support of **Public Health England**), published by **the British Journal for Sports Medicine** in June 2015. We spearhead international **Get Standing™** campaigns in, Australia, USA, UK, Ireland and Europe.



**Active Working™ :** increases employee wellness and performance through break-up and reduction of workplace sedentary behaviour. Our fully integrated "**Active Working Wheel**" approach allows companies to source the optimal mix of solutions with the essential training to maximise the benefits and increase the return on investment.



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