Subject line ideas:

Time to get up offa that thing

Are you a mover or a shaker?

Save the date – 29th April

Time to take a stand against heart disease

Hi XXX

**Did you know that 70% of our average 9 hours of sitting time is at work?(2) We think it’s time to get up offa that thing!**

On 29th April, **Get Britain Standing** and **Active Working** are asking the nation to take a stand for improved office wellness and productivity by getting on our feet. We are delighted that COMPANY NAME is all signed up.

We want our workplace and individuals to stand and move more for the day. You can be as creative as you like, have fun with your colleagues but above all break-up and reduce your sitting time.

**Get up offa that thing – Ideas to get you moving**

* Make phone calls standing up
* Have standing or walking meetings
* Ban internal emails. Walk over to a colleague to discuss work
* Use the stairs rather than the lift
* Ban lunch at your desk

Pop 29th April into your diary and email your workplace champion NAME/EMAIL to find out what is happening on the day in your office. For lots more fun and easy ideas visit [onyourfeet.org.uk.](http://www.onyourfeet.org.uk/)

**Did you know?**

A recent survey suggest that 45% of women and 37% of men spend less than 30 minutes a day up on their feet at work.(1) Research suggests sedentary behaviour at the office increases the risk of developing type 2 diabetes and dying prematurely from cardiovascular disease. It has also been associated with obesity and weight gain, a key risk factor for coronary heart disease.(3)

That’s why on the 29 April you should get involved and move more.

Get ready to work it,

XXX