Subject line ideas:

X days until you get up offa that thing

Are you getting ready to be a mover or a shaker?

One week to go – Friday 29th April

Hi XXX

**Have you organised your team yet?**

Don’t forget that on 24th April COMPANY NAME is joining the nation to take a stand for improved office wellness and productivity by getting on our feet. We are delighted to be supporting **Active Working** and the **Get Britain Standing** campaign.

We want you and your team to sit less 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 – Start practising!**

* Make phone calls standing up
* Have standing or walking meetings
* Ban lunch at your desk

With 29th April only days away make sure you have chatted to your colleagues about ways to make the most of the day in your office. For lots more fun and easy ideas visit [onyourfeet.org.uk.](http://www.onyourfeet.org.uk/)

If you need help email your workplace champion NAME/EMAIL to find out what is happening.

**Remember**

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 29th April we can all benefit from getting involved and moving more.

Get ready to wiggle it or waggle it,

XXX