Subject line ideas:

Tomorrow is time to get up offa that thing

Finally your time has arrived to be a mover (or a shaker?)

Hi XXX

**Yes the time has finally come for us all to wiggle it.**

Tomorrow is the day that we are asking everyone to get **On Your Feet Britain!** Join Get Britain Standing and Active Working to take a stand for improved office wellness. We are taking on the challenge to get on our feet and take every opportunity to reduce sitting time.

You will find posters all over the building to guide you what to do and help you learn more about the health risks of prolonged and excessive sitting. Don’t forget to download your [desk triangle](https://getbritainstanding.org/onyourfeet-britain/get/downloads.php) so you can let everyone know why you are standing.

We want you to stand-up, sit-less and move more, as well as having fun with your colleagues.

**Get up offa that thing!**

* 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

**Why not take photos and post on social media**

You can find us on [Facebook](https://www.facebook.com/GetBritainStanding) and [Twitter](https://twitter.com/getGBstanding) , don’t forget to use our hash tag #**onyourfeetbritain** or **#OYFB.**

Can you wait to wiggle it, waggle it, twerk it or work it?

YOUR NAME

PS Don’t forget being active throughout the working day can help lower your risk of multiple health risks [i.e. cardiovascular disease, diabetes (type 2) and cancer] and helps you feel more relaxed, have more energy and gives you a sense of achievement.