Subject line ideas:

Thank you for wiggling it!

Thank you for getting up offa that thing

Hi XXX

**Well done, you were outstanding!**

We wanted to congratulate you for making **On Your Feet Britain** such a great success last Friday!

COMPANY certainly did Get Britain Standing and Active Working proud by doing a lot less sitting. We have never shaked it, wiggled it or worked it so hard!

Let’s all make an effort to stand-up, sit-less and move more going forward. You can continue following Get Britain Standing on [Facebook](https://www.facebook.com/GetBritainStanding) and [Twitter](https://twitter.com/getGBstanding). For support in promoting health and wellbeing in your workplace join the Active Working programme . ([www.activeworking.com](http://www.activeworking.com) )

If you have any ideas to make this event bigger or better next year please let us know. The team at On Your Feet Britain wants your help. You can send any thoughts or suggestions to [info@onyourfeet.org.uk](mailto:info@onyourfeet.org.uk)

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.