

WIGGLE IT
WAGGLE IT
TWERK IT
WORK IT
JUST DON'T
SIT ON IT.

on your
feet
Britain

On Your Feet Britain
24 April 2015

Take a stand against heart
disease. Challenge yourself to sit
less and move more at work.

Sign up today at:
onyourfeet.org.uk

#THESHAKER

Gary from Accounts will be
raising money for life saving
research by shaking it.

What will you do?

*British Heart Foundation 2015, registered charity in England and Wales (225971) and in Scotland (SC039426).
Active Working CIC. G1037

FREEM
FundRaising
Standards Board
give with confidence



Official Charity Partner

