

on your
feet
Britain

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

Take a stand against
heart disease with
On Your Feet Britain



FUNDRAISING GUIDE

onyourfeet.org.uk

Official Charity Partner



Fundraising
Standards Board
you and your money

It's one of your most vital assets.
You can shake it, flaunt it, wiggle it
or waggle it. **Just don't sit on it.**

On 24th April, Get Britain Standing
and the British Heart Foundation are
asking the nation to join the fight
against heart disease by taking on
the challenge to get on their feet.

We want workplaces and individuals across Britain to stand and move more for the day. You can be as creative as you like, have fun with your colleagues, and raise money for life saving heart research.

Get started with these great ideas.



#THEWIGGLER
Bev from HR will be wiggling it.
What will you do?

GET UP OFFA THAT THING IDEAS TO GET YOU MOVING

1. Last man standing

Run a competition to see who can stand the longest during the day. Charge a small fee for individuals to enter. Crown the winner and maybe give them a prize, such as a day's leave.

Or get into teams and challenge your colleagues to see which team will clock up the most minutes standing.

2. Musical chairs

A team competition to see how long you can stand during the day. At least one team member must be on their feet at all times. Winning team gets the glory, and a prize.

3. Office runner

Ask for a volunteer to be the office runner for the day. Instead of sending internal emails have your messages delivered by hand. You may like to pay £1 for this gold-standard service!

4. Virtual marathon

Enter as an individual or a team and attempt to walk a virtual marathon, London to Paris, or another iconic sporting challenge.

#THEWAGGLER

Rudi from Finance will be wagging it.
What will you do?



TOP TIPS TO GET ON YOUR FEET

- Run a lunchtime fitness workshop for the office.
- An alert will sound at random times and everyone must stand up when it does. A fine for those caught napping.
- Take regular breaks from your computer, stand up, stretch and walk around the office. Ignore the bemused looks.
- Make phone calls standing up.
- Use the stairs.
- Have standing or walking meetings.
- Have one less chair than people at meetings. Get everyone to move around with each new agenda item.
- Ban internal emails. Everyone must walk to colleagues to discuss work. Be prepared that some people may have aged - depending on how long you've left it.
- Organise a lunchtime walk.
- Walk to work, or get off a few stops earlier and walk the rest of the way.



DID YOU KNOW?

Sitting less and moving more is good for you.

- You'll burn more calories, a good way to maintain a healthy weight.
- You'll be less likely to develop coronary heart disease, or Type 2 diabetes.

#THETWERKER

Lucy from Marketing will be twerking it.
What will you do?

HOW DO I RAISE MONEY?

Everyone in the office who gets involved can pay a suggested £2-3 to take part in the activities and team challenges.

If you want to take on a bigger challenge, get friends and family to **sponsor you**, or create a justgiving page at justgiving.com

If the whole office takes on the challenge, your workplace may match-fund the money you raise.

If you have any questions about fundraising please email:
onyourfeet@bhf.org

#THESHAKER

Gary from Accounts will be shaking it.

What will you do?





**British Heart
Foundation**

Coronary heart disease is the UK's single biggest killer.

For over 50 years we've pioneered research that's transformed the lives of people living with heart and circulatory conditions. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But so many people still need our help.

From babies born with life-threatening heart problems to the many Mums, Dads and Grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

DID YOU KNOW?

The average Brit spends nearly nine hours a day sitting. For the office worker, more than two thirds of their sitting time is at work.