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 – 24th 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 the **Get Britain Standing** campaign.

We want our workplace and individuals to stand 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 – Ideas to get you moving**

* 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

Pop 24th April into your diary and email your workplace champion NAME/EMAIL to find out what is happening on the day in your office. For lots more fun and easy ideas visit: <https://onyourfeetday.com/>

**Did you know?**

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 24th April you should get involved and move more.

Get ready to work it,

XXX