on your feet® Britain

Wiggle It
Waggle It
Move It
Groove It
Just Don't Sit On It

Take a stand for workplace health. Challenge your co-workers (and bosses) to sit less & move more during office hours for a single day.

SIGN UP TODAY AT:
onyourfeet.org.uk

WORKPLACE GUIDE

#SITLESS **#MOVEMORE**

#CHIEFWIGGLER
Hi I'm ANDREA, here to **get you wiggling**

OFFICIAL PARTNER
YO-YO OFFICE®
Keep Moving

Get up offa that thing
Ideas to get you moving

Office Runner

Ask for a volunteer to be the office runner for the day. Instead of sending emails have your messages delivered by hand.

Last man Standing

Run a competition to see who is sitting the least suring OYF day. Crown the prize winner and maybe give them a prize. Or get into teams and challenge your colleagues to see which team will clock up the most minutes standing.

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.

Virtual Marathon

Set up a "Step Challange" for teams from different departments to compete against each other. You can use free mobile Apps as a pedometer. The group that walk the most steps on OYF Day wins a prize!

#SITLESS **#MOVEMORE**

#THEENERGISER
Michael from **HR** will be **energising it.**

Top Tips To Get On Your Feet

#THEWAGGLER
JIMMY from **Sales** will be **waggling it**.

1. Run a lunchtime **fitness workshop** for the office.
2. Make phone calls **standing up**.
3. Use the stairs.
4. Have standing or **walking meetings**.
5. An alert will sound at random times and everyone must **stand up** when it does. A fine for those caught napping.
6. Take a regular breaks from your computer, s**tand up, stretch and walk around** the office. Ignore the bemused looks.
7. Have **one less chair** than people at meetings. Get everyone to move around with each new agenda item.
8. 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.
9. Organise a **lunchtime walk**.
10. 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.

#SITLESS **#MOVEMORE**