

#OYF2025

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.

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

SIGN UP TODAY AT:
onyourfeet.org.uk

24th APRIL
2025

OFFICIAL PARTNER

YO-YO OFFICE[®]
Keep Moving