

#OYF2024

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

25th APRIL
2024

OFFICIAL PARTNER

YO - YO OFFICE[®]
Keep Moving

ORGANISERS

