

#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**

**24<sup>th</sup> APRIL  
2025**

OFFICIAL PARTNER

**YO - YO OFFICE**<sup>®</sup>  
Keep Moving

ORGANISERS

