





**#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

25<sup>th</sup> APRIL 2024

OFFICIAL PARTNER



