

# “Get up offa that thing”

Awareness of the **“Sitting Disease”** has rocketed up in recent years. Surely it's time your workplace joined in our fun event to take James Brown at his word.

Join 2 million office workers **#SitLess** and **#MoveMore** by signing up your workplace to a free event and see a different aspect of your colleagues. Find out who is The Wiggler, The Wagglor, The Mover or The Groover.

On **24<sup>th</sup> April 2025** we're challenging the nation again to get **On Your Feet®**. Take part in our sixth national day when 2 million workers across Britain will sit less & move more. Instead of emailing the person opposite, do something revolutionary - walk over & talk face to face. It's a good way to do business & it'll do you good.

Ditch your usual lunch 'al desko' and take a stroll outside. You'll get a spring in your step and feel better for it.

Make phone calls standing up. You'll feel more confident and burn more calories than sitting. Why not take it on as an office challenge & free yourself from the office chair for the day. Find fun & easy ideas online to take part.

SIGN UP TODAY AT:

**[onyourfeet.org.uk](https://onyourfeet.org.uk)**

## What will you do?

**FREE SIGN UP**

**#THEWAGGLER**  
JIMMY from Sales  
will be wagging it

