



Living Well North Tyneside

Supporting Health and Wellbeing

What is On Your Feet Britain?

On Your Feet Britain, taking place on Thursday 24 April 2025, is a national awareness day that encourages workers across the UK to break free from their desks and spend more of the day standing and moving. The initiative is part of the **Get Britain Standing** campaign, which highlights the health risks associated with prolonged sitting and inspires people to make small changes to become more active at work.

The campaign uses the hashtags **#SitLess** and **#MoveMore** to promote the importance of reducing sedentary time in office environments and encourages both employers and employees to take part in fun, achievable challenges.

Why is it important?

Research shows that excessive sitting is linked to a number of health issues, including:

- Increased risk of heart disease and diabetes
- Poor posture and back pain
- Lowered energy levels and reduced productivity
- Increased risk of obesity and some cancers

Breaking up long periods of sitting with movement can improve focus, physical wellbeing, and mental health.

History of On Your Feet Britain

The campaign was launched by Get Britain Standing, in collaboration with Active Working CIC, to raise awareness about the dangers of sedentary lifestyles, especially in office-based jobs. Since its inception, it has grown into a national movement, with thousands of organisations and individuals participating each year.

How to take part in On Your Feet Britain 2025

Simple ways to **#SitLess** and **#MoveMore**:

- Stand up and take a phone call
- Hold walking meetings instead of sitting around a table
- Use the stairs instead of the lift
- Walk to a colleague's desk instead of emailing
- Set reminders to stand up and stretch every 30 minutes
- Swap your desk for a standing desk, if possible
- Take your lunch break outdoors with a short walk

How employers can get involved

- Encourage departments to take part in team step challenges
- Organise standing or walking meetings
- Host an office-wide challenge with small rewards for participation
- Put up posters around the office to remind staff to sit less and move more
- Share photos of the team taking part on social media with **#SitLess** **#MoveMore** and **#OnYourFeetBritain**

Local Involvement in North Tyneside

Active North Tyneside — offers local walking groups, workplace health programmes, and fitness sessions.

Small changes, big impact

On Your Feet Britain is a brilliant reminder that a healthier workday starts with simple steps. From standing meetings to lunchtime strolls, these little actions can spark big improvements in energy, focus, and long-term health. Let's make

our work lives more active — and inspire others to do the same.

Related Links

- [Get Britain Standing](#)
- [Active Working CIC](#)
- [British Heart Foundation](#)
- [NHS – Benefits of regular movement](#)
- [Active North Tyneside](#)
- [NHS Live Well](#)

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