



World
Kidney
Day
10 March 2016

**MOVE
YOUR
FEET**

**FOR
WORLD
KIDNEY
DAY**

#MOVEYOURFEET4WKD

World Kidney Day 2016 **'Move your feet'** campaign urges everyone around the globe, from all cultures and ages, to keep fit and active. This campaign is a symbol to encourage people to maintain a minimum level of physical activity in any way they can, with their own means and frequency, regardless of their physical condition. Small steps can make a difference to keep healthy kidneys and we value every single effort.

Join WKD and Move Your Feet! It's easy.



1

Go for a **walk**, swim, run, ...- **get moving!**

2



Take a **picture** of your **feet** in action!

3



Share it on your **Social Media** accounts with the **hashtag** **#moveyourfeet4wkd**



Be creative, keep active and involve your friends

I run* for
#WorldKidneyDay I join
#moveyourfeet4wkd

Whenever
I can, wherever
I am, I get moving.
#moveyourfeet4wkd

I take care of
my kidneys. I join
#moveyourfeet4wkd
#WorldKidneyDay

* replace with your favourite activity: I swim, I walk, I jump, I cycle, I do yoga, ...



Help raise awareness by showing your best moves, and involve your children in the dance - this year World Kidney Day is dedicated to them!



1

Play the song "**Move Your Feet**" by *Junior Senior*

<https://www.youtube.com/watch?v=SPIQpGeTbIE>

2



Film yourself or your kids doing their best dance moves to the song
([Max 30 seconds, in landscape mode](#))



3

Upload your video to the WKD page
share.worldkidneyday.org

The 10 best videos will be selected by the WKD team, mixed together and released after World Kidney Day on the WKD website.