

March 2016



Today is World Kidney Day!

Why YOU should CARE

Kidney Disease affects many people worldwide. These are some data based on the result of the Global Burden of Disease (GBD) study from 2013. They show the impact of Chronic Kidney Disease on global mortality:



The good news is that Kidney Disease is very often **PREVENTABLE**.

Awareness and **education** go a long way in the prevention of kidney disease. On [World Kidney Day](#), learn more about kidney disease and share your knowledge with your family and friends

Get Involved - Move Your Feet 4 World Kidney Day



Today we are inviting you to get up and get moving to celebrate your kidneys!

Join our **"Move Your Feet"** online action.

- Go for a walk, swim, run, go play your favourite sport, walk the dog or take the stairs - get moving!
- Take a picture of your feet in action
- Share it on your social media accounts with the hashtag **#moveyourfeet4wkd**

Be creative, keep active and involve your friends and family!

If you feel creative and ready to dance, participate in the **Dance with us** video competition and involve your children too!

- Play the song ["Move Your Feet"](#) by Junior Senior
- Film yourself or your kids doing their best dance moves to the song (30 seconds max, landscape mode)
- Upload your video [here](#)

The best videos will be mixed together and released after World Kidney Day on the WKD website.



For more details and info visit: [MailScanner has detected a possible fraud attempt from "worldkidneyday.us3.list-manage1.com"](http://www.worldkidneyday.org/2016-campaign/move-your-feet/)
<http://www.worldkidneyday.org/2016-campaign/move-your-feet/>

We hope you will enjoy!

Thank you for your support.

We wish you a fantastic World Kidney Day!

The World Kidney Day Team

WKD Partners





World Kidney Day is a joint



initiative