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|------------------------------------------------|-------------------------------------------|--------------------------------------------------|-------------------------------------------|-------------------------------------------|
| <b>B</b>                                       | <b>I</b>                                  | <b>N</b>                                         | <b>G</b>                                  | <b>O</b>                                  |
| Walk to Trash Bin Furthest From Your Desk      | 10 Jumping Jacks                          | 5 Laps in Event Hall                             | Spend Break Walking Outside for 5 Minutes | Knocking on Heaven's Door for 5 Minutes   |
| 25 Jumping Jacks                               | Walk to Refill Water Bottle All Week      | Park Further From Entrance All Week              | 10 Squats                                 | Skip To The Printer                       |
| Walk Around Building 2 Times                   | Wrist Stretches (10 second hold per side) | <b>FREE</b>                                      | 20 Bicep Curls                            | 8 Shoulder Circles (Forward and Backward) |
| Do a 5 Minute Office Movement Video on YouTube | Walk & Talk Meeting in Event Hall         | Eat Lunch Away From Desk All Week                | 60 second Wall Sit                        | Lunge Width of Hall During Lunch Break    |
| 5 Minutes of Stretching at Desk                | 20 Desk Pushups                           | Seated Neck Stretches (Hold 10 seconds per side) | Yoga at Home                              | 30 second Wall Sit                        |

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| <b>B</b>                                       | <b>I</b>                                         | <b>N</b>                                  | <b>G</b>                                  | <b>O</b>                            |
| Wrist Stretches<br>(10 second hold per side)   | 10 Squats                                        | Spend Break Walking Outside for 5 Minutes | 25 Jumping Jacks                          | Park Further From Entrance All Week |
| 5 Laps in Event Hall                           | Yoga at Home                                     | Knocking on Heaven's Door for 5 Minutes   | 20 Desk Pushups                           | Skip To The Printer                 |
| Do a 5 Minute Office Movement Video on YouTube | 20 Bicep Curls                                   | <b>FREE</b>                               | 8 Shoulder Circles (Forward and Backward) | 10 Jumping Jacks                    |
| 60 second Wall Sit                             | Seated Neck Stretches (Hold 10 seconds per side) | Walk to Trash Bin Furthest From Your Desk | 30 second Wall Sit                        | Walk & Talk Meeting in Event Hall   |
| Eat Lunch Away From Desk All Week              | Lunge Width of Hall During Lunch Break           | Walk Around Building 2 Times              | Walk to Refill Water Bottle All Week      | 5 Minutes of Stretching at Desk     |

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| 20 Desk Pushups                           | Seated Neck Stretches (Hold 10 seconds per side) | 10 Squats                                 | Lunge Width of Hall During Lunch Break | 20 Bicep Curls                          |
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| Walk Around Building 2 Times              | 30 second Wall Sit                               | <b>FREE</b>                               | Walk & Talk Meeting in Event Hall      | 60 second Wall Sit                      |
| Wrist Stretches (10 second hold per side) | Skip To The Printer                              | Spend Break Walking Outside for 5 Minutes | Yoga at Home                           | 5 Laps in Event Hall                    |
| 8 Shoulder Circles (Forward and Backward) | 10 Jumping Jacks                                 | Park Further From Entrance All Week       | 25 Jumping Jacks                       | 5 Minutes of Stretching at Desk         |