

B	I	N	G	O
Walk to Trash Bin Furthest From Your Desk	10 Jumping Jacks	5 Laps in Event Hall During Lunch Break	Skip to the Printer	Knocking on Heaven's Door for 5 Minutes
20 Squats	Walk to Refill Water Bottle All Week	Park Further From Entrance All Week	10 Squats	Walk Around Building 2 Times
Wrist Stretches (10 second hold per side)	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	Seated Neck Stretches (Hold 10 seconds per side)	5 Minutes of Stretching at Desk	Lunge Width of Hall During Lunch Break	20 Desk Pushups
Spend Break Walking Outside for 5 Minutes	25 Jumping Jacks	Yoga at Home	30 second Wall Sit	60 second Wall Sit

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

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