

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 Outside for 5 Minutes During Break
Wrist Stretches (10 second hold per side)	20 Bicep Curls	60 second Wall Sit	8 Shoulder Circles (Forward and Backward)	Walk Around Building 2 Times
Eat Lunch Away From Desk All Week	Seated Neck Stretches (Hold 10 seconds per side)	5 Minute Office Movement Video on YouTube	Lunge Width of Hall During Lunch Break	20 Desk Pushups
Walk & Talk Meeting in Event Hall	25 Jumping Jacks	Yoga at Home	30 Second Wall Sit	5 Minutes of Stretching at Desk

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Wrist Stretches (10 second hold per side)	20 Bicep Curls	Walk Outside for 5 Minutes During Break	10 Squats	20 Desk Pushups
30 Second Wall Sit	Walk Around Building 2 Times	60 second Wall Sit	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 Minute Office Movement Video on YouTube	Skip to the Printer
Walk & Talk Meeting in Event Hall	Yoga at Home	5 Minutes of Stretching at Desk	10 Jumping Jacks	8 Shoulder Circles (Forward and Backward)

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20 Desk Pushups	5 Minutes of Stretching at Desk	20 Squats	60 second Wall Sit	Walk to Trash Bin Furthest From Your Desk
Eat Lunch Away From Desk All Week	Walk & Talk Meeting in Event Hall	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
8 Shoulder Circles (Forward and Backward)	Walk Outside for 5 Minutes During Break	Skip to the Printer	5 Laps in Event Hall During Lunch Break	Knocking on Heaven's Door for 5 Minutes