B	I	N	G	O
Walk to Trash Bin Furthest From Your Desk	10 Jumping Jacks	30 Second Wall Sit	Set An Hourly Timer (as a reminder to stand up and stretch)	Knocking On Heaven's Door For 2 Minutes
20 Desk Pushups	Walk Outside For 5 Minutes During Break	Park Further From Entrance All Week	10 Shoulder Circles (Forward and Backward)	Walk Around Building 2 Times
Wrist Stretches (10 second hold per side)	10 Squats	5 Minutes Of Stretching At Desk	60 Second Wall Sit	Walk & Talk Meeting In Event Hall
Eat Lunch Away From Desk All Week	Seated Neck Stretches (hold 10 seconds per side)	5 Laps In Event Hall During Lunch Break	Lunge Width Of Hall During Lunch Break	20 Bicep Curls
Skip To The Printer	20 Squats	Yoga At Home	25 Jumping Jacks	5 Minute Office Movement YouTube Video

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B	I	N	G	O
Wrist Stretches (10 second hold per side)	10 Squats	Walk Around Building 2 Times	10 Shoulder Circles (Forward and Backward)	20 Bicep Curls
25 Jumping Jacks	Walk & Talk Meeting In Event Hall	5 Minutes Of Stretching At Desk	Knocking On Heaven's Door For 2 Minutes	Seated Neck Stretches (hold 10 seconds per side)
20 Desk Pushups	30 Second Wall Sit	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	20 Squats	Walk Outside For 5 Minutes During Break	5 Laps In Event Hall During Lunch Break	Set An Hourly Timer (as a reminder to stand up and stretch)
Skip To The Printer	Yoga At Home	5 Minute Office Movement YouTube Video	10 Jumping Jacks	60 Second Wall Sit

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B	I	N	G	O
Walk & Talk Meeting In Event Hall	Lunge Width Of Hall During Lunch Break	20 Squats	25 Jumping Jacks	5 Laps In Event Hall During Lunch Break
20 Bicep Curls	5 Minute Office Movement YouTube Video	20 Desk Pushups	5 Minutes Of Stretching At Desk	Walk to Trash Bin Furthest From Your Desk
Eat Lunch Away From Desk All Week	Skip To The Printer	Park Further From Entrance All Week	10 Squats	Walk Outside For 5 Minutes During Break
Wrist Stretches (10 second hold per side)	Seated Neck Stretches (hold 10 seconds per side)	Yoga At Home	10 Shoulder Circles (Forward and Backward)	10 Jumping Jacks
60 Second Wall Sit	Walk Around Building 2 Times	Set An Hourly Timer (as a reminder to stand up and stretch)	30 Second Wall Sit	Knocking On Heaven's Door For 2 Minutes

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