

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

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

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