

B	I	N	G	O
Wall Sit (hold for 60 seconds)	10 Jumping Jacks	5 Laps In Event Hall During Break	Use Trash Bin Furthest From Your Desk All Week	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 Outside For 5 Minutes During Break
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 Around Building 2 Times
Lunge Width Of Hall During Break	Skip To The Printer	5 Minute Office Movement YouTube Video	Seated Neck Stretches (hold 10 seconds per side)	20 Bicep Curls
Walk & Talk Meeting In Event Hall	20 Squats	Yoga At Home	25 Jumping Jacks	5 Minutes Of Stretching At Desk

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25 Jumping Jacks	Walk Around Building 2 Times	Eat Lunch Away From Desk All Week	Park Further From Entrance All Week	Skip To The Printer
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Walk & Talk Meeting In Event Hall	Yoga At Home	5 Minutes Of Stretching At Desk	10 Jumping Jacks	Knocking On Heaven's Door For 2 Minutes

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Knocking On Heaven's Door For 2 Minutes	Walk Outside For 5 Minutes During Break	Use Trash Bin Furthest From Your Desk All Week	5 Laps In Event Hall During Break	Park Further From Entrance All Week