

For the month of February – complete 5 squares (horizontally, vertically or diagonally) & submit your card on Friday morning to enter a draw for a healthy lunch for you & your partner.

# ACTIVE OFFICE BINGO

<p>Have a 2 minute dance party with a colleague.</p> <p>_____</p> <p>Colleague Name</p>	<p>Do Calm breathing bubble exercise for 30 seconds twice today.</p> <p><a href="#">Link to video</a></p>	<p>Have a 5 minute chair Yoga break at your desk.</p> <p><a href="#">Link to guide</a> or <a href="#">Link to video</a></p>	<p>Eat a healthy snack 5 days in a row.</p>	<p>Notice a thoughtful or kind colleague and write them a note of thanks.</p>
<p>Do a 60 second plank on your hydration break every day this week.</p>	<p>Walk 10K steps in a day. (send screenshot with submitted bingo card)</p>	<p>Go for a walk with a colleague before/after work or during lunch break.</p> <p>_____</p> <p>Colleague Name</p>	<p>Do a guided meditation.</p> <p><a href="#">Link to video</a></p>	<p>Choose one to eliminate for 5 days: alcohol, caffeine, cigarette, sugar, junk food, etc.</p>
<p>Exchange a healthy recipe with someone in the office.</p> <p>_____</p> <p>Colleague Name</p>	<p>Post a book recommendation, of a great book you recently read, on the white board in the staff room.</p>	<p><b>Challenge Accepted</b></p> <p>_____</p> <p>Your Name</p> <p><b>Find an Accountability Partner</b></p> <p>_____</p> <p>Accountability Partner Name</p>	<p>Eat with your non-dominant hand today.</p>	<p>Do a 5 minute desk workout.</p> <p><a href="#">Link to guide</a> or <a href="#">Link to video</a></p>
<p>Turn off your phone for 2 hours one evening.</p>	<p>Hydrate! Drink 5 glasses of water at work today.</p>	<p>Practice good posture at your desk.</p> <p><a href="#">Link to info</a></p>	<p>15 Push ups or Burpees with a co-worker.</p> <p>_____</p> <p>Colleague Name</p>	<p>Meet with a co-worker to set an intention for the week and keep each other accountable.</p> <p>_____</p> <p>Colleague Name</p>
<p>Take a 2 minute movement break every hour and say hello to a co-worker you don't usually chat with.</p> <p>_____</p> <p>Colleague Name</p>	<p>Rest your eyes with one of these exercises.</p> <p><a href="#">Link here</a></p>	<p>Find some co-workers and do 30 jumping jacks.</p> <p>_____</p> <p>Colleague Name</p>	<p>Do 20 squats with some co-workers.</p> <p>_____</p> <p>Colleague Name</p>	<p>Boost your energy with some desk stretches.</p> <p><a href="#">Link to guide</a></p>

When you complete a row show your card to Kylie or Anne-Marie, before Friday morning, to be entered in a draw.