

Deskercise Bingo

The Rules: See if you can cross off all of the squares by the end of the workweek.

<p>Walk Go for a 10 minute walk. This can be either outside or around your office building, wherever it is, just get up and move.</p>	<p>Roll Stand up from your desk and do some rolling exercises. Roll your head both ways and wrists both ways to this song. This helps with circulation, carpal tunnel and flexibility.</p>	<p>Shrug Stand up and shrug those shoulders. Pull your shoulders up to your ears as far as you can and release. Listen to this while doing it. If you aren't able to do it for the whole song, that's okay! Just keep going!</p>	<p>Chat Instead of sending yet another email to someone who is sitting beside you, walk over to their desk to ask a question.</p>	<p>Breathe Take a minute to stand up tall, lift your hands above your head, and take 10 deep breaths. Concentrate on inhaling and exhaling. Feel positive energy go in, and negative energy go out. Do this 2-3 times per day.</p>
<p>Squat Next time you are waiting for a meeting to start or have a few minutes, knock out 15 squats. Your legs will thank you later.</p>	<p>Step Stairs are the way to go. Take a 5 minute break and see how many stairs you can climb. The next day, try to increase this by 1 flight of stairs. Too easy, try running up the stairs. Work it!</p>	<p>Yoga You can do yoga, and get this, it's fun. Downward dog relieves stress, so start by bending at the waist and move your hands out about 2-3 feet. Find other poses on the internet and try those for 5 minutes today</p>	<p>Reach Stand up, clasp hands together and reach for the sky! Grab your elbows and lean from one side to another for 2 minutes.</p>	<p>Engage Tighten those abs! Hold for 30 seconds and repeat 10 times. During this time, don't forget to breathe, or we might have a much bigger issue.</p>
<p>Step Stairs are the way to go. Take a 5 minute break and see how many stairs you can climb. The next day, try to increase this by 1 flight of stairs. Too easy, try running up the stairs. Work it!</p>	<p>Crunch Work those abs. get down on the floor and show 'em whose boss. Listen to this song while doing them, try to keep on pace with the music.</p>	<p>FREE SPACE</p>	<p>Yoga You can do yoga, and get this, it's fun. Downward dog relieves stress, so start by bending at the waist and move your hands out about 2-3 feet. Find other poses on the internet and try those for 5 minutes today</p>	<p>Shrug Stand up and shrug those shoulders. Pull your shoulders up to your ears as far as you can and release. Listen to this while doing it. If you aren't able to do it for the whole song, that's okay! Just keep going!</p>
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