



ACTIVITY BINGO

NAME: _____

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Wall sitting squats
1 min each, 3 reps

Stapler bicep curl
1 min each, 5 reps

Get off one bus/subway
stop earlier and walk
to destination

Stationary jog
at your desk
2 mins

10 Calf raises

Swivel chair
core workout
10 times side to side

10 Seated leg raises

Take the stairs instead
of the elevator

10 Lunges each leg

10 Side leg lifts
each leg

Take a 10 min
break to walk

Stand up when
answering a phone call

10 Arm raises

10 Jumping jacks

Hip flexion chair stretch
10 sec each side

Park your car
farther away

10 Modified push-ups
on a desk or the wall

10 Chair tricep dips

1 min high knee bends

Skip the email, walk
to your coworker

10 Squats

1 min jump rope

Take the longer route to
the printer

5 Arm circles
in a chair

10 Shoulder shrugs