

Office Fit Challenge



April 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	2 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	3 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	4 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	5 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	6 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	7 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon
8 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	9 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	10 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	11 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	12 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	13 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	14 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon
15 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	16 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	17 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	18 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	19 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	20 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	21 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon
22 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	23 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	24 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	25 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	26 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	27 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	28 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon
29 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon	30 <input type="checkbox"/> Morning <input type="checkbox"/> Afternoon					

Goal

The challenge is to get up from your desk twice a day and move, up to 5 minutes. That can include: stretching at your desk, taking a short walk, complete a 30-60 second workout (i.e. jog in place, jumping jacks, squats, etc.) Try to move around at least one time in the morning and one time in the afternoon.

Even on the weekend – when watching TV stand up during commercials, walk in place. The overall goal is to be mindful of moving, and to not be sedentary for long periods of time.

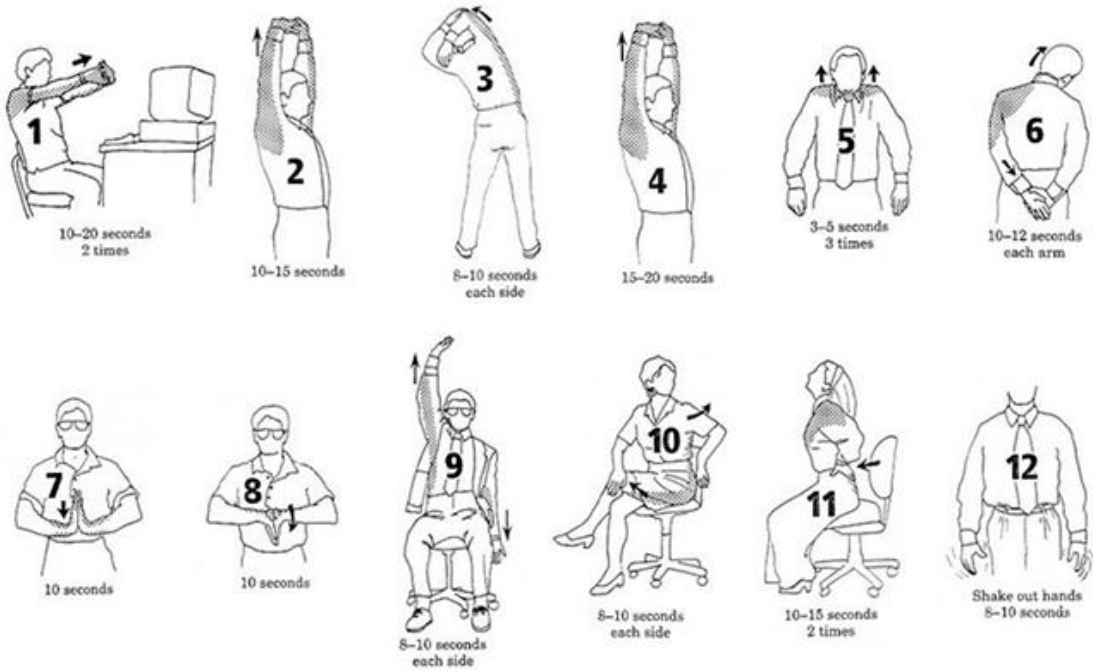
Check each box after you have completed an activity. Return form to Human Resources at the end of month.



Examples of desk/workspace workouts:

- Jog in place
- Calf raises
- Jumping jacks
- Wall sit
- Body squats
- Stretches
- Jumping jacks
- Tricep dips

Computer Desk Stretches



Source: Bob and Jean Anderson, Shelter Publications, Inc.

CareATC