



Flexibility Challenge Bingo Card

B	I	N	G	O
Stand up every hour for 1 day	Neck Flexion and Extension	Learn How to Get Started with Flexibility & Stretching	Use your rest break to take a brisk walk	Attend or view Lunch N' Learn on Flexibility
Standing Wrist/Bicep Stretch on each side	Test your Lower Back Flexibility	Take the stairs instead of the elevator	Pace while talking on the phone	Seated Hamstring Stretch
Makeover your work space to be more ergonomic	Try this Back Stretch	FREE SPACE	Make a SMART goal related to flexibility	Find a flexibility buddy to support you
Try this Chest Stretch	Shoulder Blade Squeeze	Schedule a stretch break every day for 1 week	Try a Deskercise	Overhead Reach Side Bend
Do a quick stretch break at your desk	Recruit a coworker or friend to join you for a walk	Try this Neck Stretch	10-30 second Standing Triceps Stretch	Test your Shoulder Flexibility