

Civil Service Active Wellbeing Week



Workplace Bingo 1

Reach up
then touch
your toes
x5

**Seated
twists
x10**

Extend
your legs
from your
knees x10

**Reach
to the
sky x10**

Tuck
knees
to chest
x10

Extend
your
arms and
circle x10

**Roll your
shoulders
x20**

**Point
your toes
x20**

Stretch
your neck
from side
to side x5

**Jumping
jacks in
your
chair x5**

Hands on
hips and
press the
elbows in
x 5

**Puff out
your
chest x5**

**Bear
hugs
x10**

Extend
your
arms and
circle x10

Reach up
then touch
your toes
x5

**Bear
hugs
x10**

**Reach
to the
sky x10**

Stretch
your neck
from side
to side x5

**Chair
squats
x5**

Hands on
hips and
press the
elbows in
x 5

**Point
your
toes x20**

**Raise
your
heels
x10**

**Seated
twists
x10**

Namaste!
Firmly press
your hands
together x3

**Roll your
shoulders
x20**

Make your move with



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Workplace Bingo 2

Do something active at lunch

Count your steps - aim for 7000 a day

Make your calls standing up

Stretch at your desk

Don't email – speak to your colleague

Find a workout buddy

Get moving by cleaning your desk space

Go to the furthest bathroom from your desk

Use the CSSC walking plans in Resources

Walk to the water station and stay hydrated

Try the 6mins chairobics video

Choose an active commute

Have a walking meeting

Keep moving whilst waiting for the printer

Have a standing meeting

Move everyday objects out of reach

Use the stairs instead of the lift

Take a walk at lunch

Choose a healthy lunch

Do something active at lunch

Stretch your legs every hour

Don't email – speak to your colleague

Make your calls standing up

Stretch at your desk

Try the 6mins chairobics video

Make your move with

