Wild Card: Walking Meeting

If your meeting agenda allows, go for a walking meeting!

Wild Card: Dance Party!

Play your song of choice and have everyone get up and dance. No wall flowers here! We suggest: Cha Cha Slide by DJ Casper

Wild Card: Head – Shoulder – Knees – Toes

Play a round of head, shoulder, knees and toes - bonus points for singing!

Wild Card: Wall Sit Challenge

Have everyone stand with their back against the wall and slowly sink into a wall sit until your thighs are parallel to the ground. See who lasts the longest!

Move Break: Squat

Stand with your feet slightly wider than hip-width apart, back straight. Keeping your knees over your toes and your back straight, lower your body down as if you are sitting down into a chair until your thighs are parallel to the ground. Repeat 10 times!

Move Break: High Knees

Run in place for 30 seconds while driving your knees as high as you can!

Move Break: Jumping Jacks

Stand with your feet together and arms at your sides. In one jumping motion, extend your legs out to the sides while simultaneously extending your arms up above your head. Jump back to your original position and repeat 10 times.

Move Break: Criss Cross

Stand with your feet apart and both arms stretched so your body mimics an X shape. Lift your knee and bend your opposing elbow so they touch. Complete 10 repetitions on both sides!
**Move Break: Laptop Lifts**

Take your laptop or notebook in one or both hands. Begin with your arm(s) at a 90 degree angle and bend your elbow to complete a bicep curl. Repeat 10 times.

**Move Break: Overhead Tricep Dips**

Clasp your arms above your head, bend your arms at the elbow and extend towards the sky. Complete 10 times. For an advanced movement, add weight by holding a water bottle or a book!

**Move Break: Lunges**

Begin standing and step forward into a lunge. Alternate legs and complete 10 times on both sides!

**Move Break: High-Lows**

Begin in a standing position with your arms by your side. Reach for the sky and lift your heels so you are on your tip toes. Then lower your heels, bend at the waist and reach for the ground. Complete a round 10 times.

**Move Break: Desk Push Ups**

Lean against a table or a wall for modified push-ups! While leaning on a sturdy object, keep your body straight and bend your elbows. Extend your elbows to complete the exercise. Complete 10 repetitions.

**Move Break: Climb Every Mountain**

Begin in a standing position with your arms by your side. While lifting one arm to the sky, lift the opposing knee to your armpit. Then switch! Complete 10 rounds.

**Stretch Break: Reach for the sky!**

Extend your arms upwards for an upper body stretch. Hold for 3 deep breaths.

**Stretch Break: Twist and shout!**

Sit tall and gently twist your upper body for a nice spinal stretch. Don’t forget to do both sides!
### Stretch Break: *Hit the floor!*

Stand tall and slowly bend from the waist down to reach for the floor. Feel a great stretch in the back of your legs. Hold for 30s and repeat!

### Stretch Break: *Quad do you mean?*

Give your quads a stretch! Stand tall near a wall or chair and hold on for stability. Gently bend one leg enough so you can reach your ankle from behind. Once you have a hold of your ankle, keep your knee pointed towards the floor for a deep quad stretch. Stretch both sides for 30 seconds.

### Stretch Break: *Rollin’ on the river*

Give your shoulders a break! Roll your shoulders backwards 10 times and forwards 10 times.

### Stretch Break: *Heads will roll*

Gently and slowly tilt your head towards your shoulder. Hold each side for 30 seconds. For a fun twist, slowly roll your head clockwise 4 times and then counterclockwise 4 times.