

TAKE 10 BINGO

Ottawa-Gatineau **HEALTH PROMOTION**

<p>Take 10 arm circles forward and backward</p>	<p>Take the stairs</p>	<p>10 calf raises</p>	 <p>Take a warrior 1 pose</p>	<p>Teach your team a dance move</p>
<p>Take 10 with CAF Fitness</p> 	<p>Stretch your quads</p>	<p>Share the Take 10 Bingo with your team</p>	<p>10 squats</p>	<p>Take 10 deep breaths</p>
<p>Stretch your hamstrings</p>	<p>10 pushups</p>	<p>Take 10 of your choice!</p>	<p>Stretch your back</p>	<p>Take 10 alternating hip rotations</p>
<p>Take 10 desk triceps dips</p>	<p>Walk from your workstation to chat with a colleague</p>	<p>Take 10 walking lunges</p>	<p>Take 10 with a team member</p>	<p>Take a 10 minute walk</p>
 <p>Hold your balance for 10 sec</p>	 <p>Take a moment in nature</p>	<p>Take 10 jumping jacks</p>	<p>Take 10 deep breaths</p>	<p>Stretch your chest</p>



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