

# TAKE 10 FOR 10

## WEEK 1 CHALLENGE



MON  
20  
JAN



10 floor, wall or desk pushups +  
10 squats or seated leg extensions

TUES  
21  
JAN



Take a 10-minute walk  
(at break and/or lunch)

WED  
22  
JAN



10 sec shoulder stretch,  
10 arm circles &  
10 hip circles in both directions

THUR  
23  
JAN



10 minutes of work in a standing position twice today

FRI  
24  
JAN



Use the washroom on a different floor or further away

**FIND OUT MORE:** [cfmws.ca/ncr/TAKE10](https://cfmws.ca/ncr/TAKE10)

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## WEEK 2 CHALLENGE

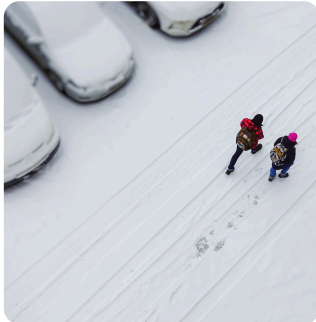


MON  
27  
JAN



10 Jumping Jacks, or high knee lifts on the spot & 10 calf raises on each leg

TUES  
28  
JAN



Park your car further than usual (from your building) **OR** get off the bus one stop earlier

WED  
29  
JAN



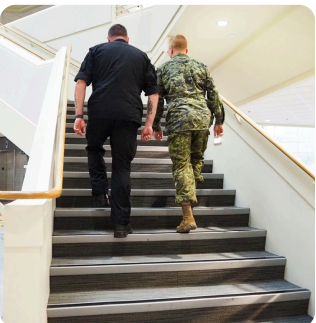
Invite a colleague for a “walk & talk” meeting or have your meeting at an alternate location

THUR  
30  
JAN



Do full body stretches for 10 seconds each: chest, back, sides, quads and hamstrings

FRI  
31  
JAN



Take the stairs (2x if you do them already), or walk 2 loops around your office building.

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