

Alaska Public Broadcasting Health Trust

Activity Calendar

Designed to promote workforce movement,
activity, and wellbeing.

The Activity Calendar is designed to encourage employees to improve their health, minds, and body through various easy, low stress exercises and activities that can be done in the office and around the work place. Participation in completing any activities or the calendar is voluntary.

The Activity Calendar should NOT replace employees current exercise or activity regimen, but is simply a means to encourage movement and wellness during the work day. If activities are too difficult or too simple, feel free to modify them for your own use. The idea is to promote work place movement and wellbeing which ultimately leads to a happier and healthier work environment and workforce.

How to use the calendar: Each month has four activities listed. Each activity should be completed twice a day, one in the morning hours (AM) and once in the afternoon hours (PM). Each activity corresponds with a Monday - Friday work week. Starting with the first Monday of each month, simply move through the calendar, checking off each activity that you perform each day. In addition, each month has a challenge that are mostly designed to be completed outside of the workplace or work hours.

The Activity Calendar is developed as part of the Premera Wellness Plan. Alaska Public Broadcasting Health Trust must meet certain requirements each year to qualify for a 2% reduction on our Premera health premium renewal. The Activity Calendar meets one of the three Wellness Plan requirements for the 2019 renewal.

Wishing you the best of health and happiness, your health plan administrator team.

Alaska Public Broadcasting Health Trust
PO Box 200009
Anchorage, Alaska 99520
(907) 277-6300 ext 6002

May

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Standing Calf Raise: Standing tall with feet firmly planted, raise your heels so that your on your tip toes, hold 3 secs, lower to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Squats: Stand as tall as you can with feet apart shoulder-width. Lower your body as far as you can by pushing hips back and bending knees. Pause then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Wall Pushups: Place palms on wall slightly wider than but at shoulder level. Back away from wall until palms lay flat. Slowly lean into wall, keeping back straight, hold 3 secs, slowly return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Jumping Jack: Start standing straight with slight bend in knees and hands on thighs. Keeping knees bent open the arms and legs out to the side. Arms come above the head and legs wider than shoulders, then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps

● Monthly challenge: Jog for 15 minutes without stopping.

June

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Walk: Take a brisk walk around the office or outside.	<ul style="list-style-type: none"> ● AM: 1 Minutes ● PM: 1 Minutes 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes
Deep Breathing: Take a long, slow, deep breathe through your nose, hold 5 seconds and slowly breathe out through your mouth.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
Overhead Stretch: Standing squarely with feet separated at should width, reach right arm out and slowly cross over the top of your head stretching as far to left as possible. Return to start and repeat with left arm.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Walk: Take a brisk walk around office or outside. Enjoy the surroundings.	<ul style="list-style-type: none"> ● AM: 1 Minute ● PM: 1 Minute 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes

● Monthly challenge: Take a 30 minute or longer nature walk.

July

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunges: Start with feet directly under your hips, take a long step forward with one foot and bend both knees until your back knee touches the ground. Keep a straight line between your knee and ankle on your front leg, raise and repeat with other leg.</p>	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
<p>Shoulder Press: Standing squarely with feet separated at shoulder width, raise both arms out to the side to shoulder level. Bend elbows upwards. Keeping back & tummy tight, slowly move elbows towards each other, then return to starting position.</p>	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
<p>Perform a Random Act of Kindness: Do or say something nice to a co-worker, friend, or family member.</p>	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time
<p>Quiet Contemplation: Close your eyes and clear your mind.</p>	<ul style="list-style-type: none"> ● AM: 1 Minute ● PM: 1 Minute 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes

● Monthly challenge: Jog 30 minutes without stopping.

August

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Shoulder Rolls: In a comfortable standing position, as you inhale, raise your shoulders and shoulder blades to your ears. On the exhale pull your should blades down and together.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Chest Release: Raise your arms out to the side and just below shoulder height with palms facing forward. Slowly rotate both hands at the wrist so your fingers point slightly behind you, hold, and repeat.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Pyramid: Step your left foot back so it rests fully on the floor. With your legs straight, clasp your forearms behind your back, exhale, and lean forward and down from your hips (keep back straight). Take 3 to 5 breaths and rise, repeat on other side.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Chair Pose: Stand and raise your arms in front to shoulder height. Contract your arm muscles. Exhale as you bend your knees & keep them over your toes.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps

● Monthly challenge: Go on a 20 minute bike ride.

September

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Standing Side Bend: Touch your left hand to the side of your head. Ground both feet and guide your head to the right until you feel long stretch. Switch sides.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Arm Circles: Hold your arms straight out to the side with palms facing up. Circle forward 10 times, then backwards 10 times. Flip palms so they face the floor and repeat sequence.	<ul style="list-style-type: none"> ● AM: 1 Reps ● PM: 1 Reps 	<ul style="list-style-type: none"> ● AM: 1 Reps ● PM: 1 Reps 	<ul style="list-style-type: none"> ● AM: 2 Reps ● PM: 2 Reps 	<ul style="list-style-type: none"> ● AM: 2 Reps ● PM: 2 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps
Straight-Leg Stretch: Sit on the floor facing a wall with your legs straight and your feet flat against the wall. Bend forward as far as you can.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps
Toe Release: Stand as if you've just taken a step forward with your right leg (left leg is behind you). Tuck your left foot under so the tops of your toes touch the floor. You should feel a stretch along the top of your foot. Hold. Switch feet.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps

● Monthly challenge: Participate in a local 5K event.

October

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Standing Calf Raise: Standing tall with feet firmly planted, raise your heels so that your on your tip toes, hold 3 secs, lower to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Squats: Stand as tall as you can with feet apart shoulder-width. Lower your body as far as you can by pushing hips back and bending knees. Pause then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Wall Pushups: Place palms on wall slightly wider than but at shoulder level. Back away from wall until palms lay flat. Slowly lean into wall, keeping back straight, hold 3 secs, slowly return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Jumping Jack: Start standing straight with slight bend in knees and hands on thighs. Keeping knees bent open the arms and legs out to the side. Arms come above the head and legs wider than shoulders, then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps

● Monthly challenge: Go Swimming.

November

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Walk: Take a brisk walk around the office or outside.	<ul style="list-style-type: none"> ● AM: 1 Minutes ● PM: 1 Minutes 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes
Deep Breathing: Take a long, slow, deep breathe through your nose, hold 5 seconds and slowly breathe out through your mouth.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
Overhead Stretch: Standing squarely with feet separated at should width, reach right arm out and slowly cross over the top of your head stretching as far to left as possible. Return to start and repeat with left arm.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Walk: Take a brisk walk around office or outside. Enjoy the surroundings.	<ul style="list-style-type: none"> ● AM: 1 Minutes ● PM: 1 Minutes 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes

● Monthly challenge: Make a snowman.

December

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunges: Start with feet directly under your hips, take a long step forward with one foot and bend both knees until your back knee touches the ground. Keep a straight line between your knee and ankle on your front leg, raise and repeat with other leg.</p>	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
<p>Shoulder Press: Standing squarely with feet separated at shoulder width, raise both arms out to the side to shoulder level. Bend elbows upwards. Keeping back & tummy tight, slowly move elbows towards each other, then return to starting position.</p>	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 4 Reps ● PM: 4 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 6 Reps ● PM: 6 Reps 	<ul style="list-style-type: none"> ● AM: 7 Reps ● PM: 7 Reps
<p>Perform a Random Act of Kindness: Do or say something nice to a co-worker, friend, or family member. Share a health snack at the office.</p>	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time 	<ul style="list-style-type: none"> ● AM: 1 Time ● PM: 1 Time
<p>Quiet Contemplation: Close your eyes and clear your mind.</p>	<ul style="list-style-type: none"> ● AM: 1 Minute ● PM: 1 Minute 	<ul style="list-style-type: none"> ● AM: 2 Minutes ● PM: 2 Minutes 	<ul style="list-style-type: none"> ● AM: 3 Minutes ● PM: 3 Minutes 	<ul style="list-style-type: none"> ● AM: 4 Minutes ● PM: 4 Minutes 	<ul style="list-style-type: none"> ● AM: 5 Minutes ● PM: 5 Minutes

● Monthly challenge: Go ice skating.

January

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Shoulder Rolls: In a comfortable standing position, as you inhale, raise your shoulders and shoulder blades to your ears. On the exhale pull your should blades down and together.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Chest Release: Raise your arms out to side, just below shoulder height with palms facing forward. Slowly rotate both hands at the wrist so your fingers point slightly behind you, hold, and repeat.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Pyramid: Step your left foot back so it rests fully on the floor. With your legs straight, clasp your forearms behind your back, exhale, and lean forward and down from your hips (keep back straight). Take 3 to 5 breaths and rise, repeat on other side.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Chair Pose: Stand and raise your arms in front to shoulder height. Contract your arm muscles. Exhale as you bend your knees & keep them over your toes.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps

● As a New Year Resolution, join a health club and work out three times a week or drop a bad habit.

February

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Standing Side Bend: Touch your left hand to the side of your head. Ground both feet and guide your head to the right until you feel long stretch. Switch sides.	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 10 Reps ● PM: 10 Reps 	<ul style="list-style-type: none"> ● AM: 15 Reps ● PM: 15 Reps 	<ul style="list-style-type: none"> ● AM: 20 Reps ● PM: 20 Reps 	<ul style="list-style-type: none"> ● AM: 25 Reps ● PM: 25 Reps
Arm Circles: Hold your arms straight out to the side with palms facing up. Circle forward 10 times, then backwards 10 times. Flip palms so they face the floor and repeat sequence.	<ul style="list-style-type: none"> ● AM: 1 Reps ● PM: 1 Reps 	<ul style="list-style-type: none"> ● AM: 1 Reps ● PM: 1 Reps 	<ul style="list-style-type: none"> ● AM: 2 Reps ● PM: 2 Reps 	<ul style="list-style-type: none"> ● AM: 2 Reps ● PM: 2 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps
Straight-Leg Stretch: Sit on the floor facing a wall with your legs straight and your feet flat against the wall. Bend forward as far as you can.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps
Toe Release: Stand as if you've just taken a step forward with your right leg (left leg is behind you). Tuck your left foot under so the tops of your toes touch the floor. You should feel a stretch along the top of your foot. Hold. Switch feet.	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 3 Reps ● PM: 3 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps 	<ul style="list-style-type: none"> ● AM: 5 Reps ● PM: 5 Reps

● Monthly challenge: Share a healthy snack or fruit with your co-workers.

March

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Standing Calf Raise: Standing tall with feet firmly planted, raise your heels so that your on your tip toes, hold 3 secs, lower to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Squats: Stand as tall as you can with feet apart shoulder-width. Lower your body as far as you can by pushing hips back and bending knees. Pause then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Wall Pushups: Place palms on wall slightly wider than but at shoulder level. Back away from wall until palms lay flat. Slowly lean into wall, keeping back straight, hold 3 secs, slowly return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps
Jumping Jack: Start standing straight with slight bend in knees and hands on thighs. Keeping knees bent open the arms and legs out to the side. Arms come above the head and legs wider than shoulders, then return to start.	● AM: 5 Reps ● PM: 5 Reps	● AM: 10 Reps ● PM: 10 Reps	● AM: 15 Reps ● PM: 15 Reps	● AM: 20 Reps ● PM: 20 Reps	● AM: 25 Reps ● PM: 25 Reps

● Monthly challenge: Go puddle jumping (splash in big rain puddles).

April

Activity Description	Monday	Tuesday	Wednesday	Thursday	Friday
Dance: Turn up the radio or your favorite song and dance.	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 2 Songs
Deep Breathing: Take a long, slow, deep breathe through your nose, hold 5 seconds and slowly breathe out through your mouth.	<input type="radio"/> AM: 3 Reps <input type="radio"/> PM: 3 Reps	<input type="radio"/> AM: 4 Reps <input type="radio"/> PM: 4 Reps	<input type="radio"/> AM: 5 Reps <input type="radio"/> PM: 5 Reps	<input type="radio"/> AM: 6 Reps <input type="radio"/> PM: 6 Reps	<input type="radio"/> AM: 7 Reps <input type="radio"/> PM: 7 Reps
Overhead Stretch: Standing squarely with feet separated at should width, reach right arm out and slowly cross over the top of your head stretching as far to left as possible. Return to start and repeat with left arm.	<input type="radio"/> AM: 5 Reps <input type="radio"/> PM: 5 Reps	<input type="radio"/> AM: 10 Reps <input type="radio"/> PM: 10 Reps	<input type="radio"/> AM: 15 Reps <input type="radio"/> PM: 15 Reps	<input type="radio"/> AM: 20 Reps <input type="radio"/> PM: 20 Reps	<input type="radio"/> AM: 25 Reps <input type="radio"/> PM: 25 Reps
Dance: Turn up the radio or your favorite song and dance.	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 1 Song	<input type="radio"/> AM: 1 Song <input type="radio"/> PM: 2 Songs

Monthly challenge: Take a 30 minute walk with a friend or co-worker.