

Are You In?

12 DAYS of Sit Less

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Walk at lunch or break	5 Wall sit challenge!	6 Lunch fitness class	7 Desk stretch	8 Balance challenge!
11 Take the stairs	12 Stapler squats	13 Push up challenge!	14 Walking/standing meeting	15 Youtube yoga
18 Printer lunges	19 Snowman building contest!	20	21	22
25	26	27	28	29