

Isle Health BINGO

Your Office Exercise BINGO Card! #1

Leg Lifts

Flutter
Kicks

Sitting
Kicks

Curls

Dips on
Chair

Standing
Up

Table
Pushups

Sitting
Marches

Overhead
Press

We hope you have fun moving, it's a lighthearted and informal way to celebrate what your body **CAN** do rather than what it can't!

If you'd like more information on our services or to take your training to the next level with one of our coaches, visit our website: www.islehealth.co.uk