

# Isle Health BINGO

## Your Office Exercise BINGO Card! #2

Sitting  
Marches

Dips on  
Chair

Table  
Pushups

Curls

Standing  
Up

Overhead  
Press

Flutter  
Kicks

Leg Lifts

Sitting  
Kicks

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](http://www.islehealth.co.uk)