

Thrive wellbeing

Be Active BINGO!

Movement is important for our mental and physical health. Use these activities to inspire more #MomentsForMovement in your daily routine during Mental Health Awareness Week and beyond!

Complete this 'Be Active Bingo' card, created by UHD physiotherapist and health and wellbeing champion Bekki, and return it to organisational.development@uhd.nhs.uk by **7 June** to be entered into our prize draw to win £80, £60 or £40 for your team.



Click on the highlighted tiles to learn more about the activity.

Don't forget to log your personal wellbeing activities on **EcoEarn** for a chance to win prizes every month!



Whole team All team members to complete these activities if you can.

<p>5 minutes of stretches</p>	<p>Calming hand exercise</p>	<p>Desk based exercises</p>	<p>Make a human UHD (get creative and send a picture!)</p>	<p>1000 squats total as a team</p>
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Personal challenge Nominate at least one person to complete these challenges

<p>5 km run or jog</p>	<p>30 minute sea or pool swim</p>	<p>30 minute woodland walk</p>	<p>30 minute beach walk</p>	<p>2 minute plank without resting</p>
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#MomentsForMovement Nominate at least one person to complete these challenges

<p>High energy workspace clean</p>	<p>Single leg stands while brushing teeth</p>	<p>Squats while the kettle boils</p>	<p>Only take the stairs while at work for 1 week</p>	<p>Calf raises while handwashing</p>
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Workouts Nominate at least one person to complete these challenges

<p>Joe Wicks workout</p>	<p>The Pilates Kitchen workout</p>	<p>Zanna van Dijk workout</p>	<p>Kayla Itsines workout</p>	<p>Zumba workout</p>
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