

Meditate for 5 minutes.  
Free Apps: Calm, Omvan, or Mindbody Connect.

Schedule time to walk outside (even a 10-minute walk will be beneficial).

Create a meal plan. Share your plan with your coworker. It can be fun to see what other people are cooking.

Challenge a co-worker to a 3-day workout streak competition.

TV off during your work hours.

Get a friend to do a virtual workout at the same time.

In the beginning and end of your work day set aside 10 minutes to stretch.

Bake a tray of veggies such as cauliflower, carrots, broccoli, with your favorite seasoning to last a few days.

Have a water bottle at your workspace.

Eat lunch away from your computer and phone.

For your lunch break tune into a virtual event near you.

When you finish a big project reward yourself with a walk outside or a cup of coffee.

10 pushups at every hour.

Watch a hand washing video.

Get 7-8 hours of sleep.

Create a budget and stick to it.

Face-to-Face interaction is still important. Set aside some time to virtually connect with a coworker.

Maintain a clean and organized workspace. Simply making sure you have good lighting can help with productivity.

Support a local business. Many are offering curbside service. Find a fun place for lunch and treat yourself.

Do not work extreme hours. Spend the night with your family. Have a game night, dance party, or reading your favorite book by yourself.

Participate in one of the free workouts AssuredPartners provided in the April newsletter.

Put food dishes in sink or dishwasher. You do not want to clutter your office space with dirty dishes.

Find a new way to use AssuredPartners food of the month.

Start your day with a sunrise yoga video.

## Work From Home \* BINGO! \*



How to play: Check off one box per day. Draw an X through the box when completed.  
Use the videos linked within (underlined).