

FEBRUARY HALLWAY FUN!

PRINT AND HANG UP FOR
EMPLOYEES AND STAFF
IN A HALLWAY OR ROOM
TO USE AT THEIR
LEISURE



FEBRUARY HALLWAY FUN!

10 WALL PUSHUPS



FEBRUARY HALLWAY FUN!

WHAT DO YOU
LOVE ABOUT
YOURSELF?

Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

10 CALF RAISES



FEBRUARY HALLWAY FUN!

WHAT CAN YOU
DO TO MAKE
SOMEONE SMILE
TODAY?

 Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

10 SQUATS WITH CEILING REACH

Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

WHAT HAVE YOU
DONE FOR YOU
TODAY?

 Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

20 SECOND WALL SQUAT

Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

WHAT AM I
PROUD OF
TODAY?

Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

20 HIGH KNEES



FEBRUARY HALLWAY FUN!
WHAT ARE 3
THINGS I AM
GRATEFUL FOR
TODAY?



FEBRUARY HALLWAY FUN!

20 ARM CIRCLES
WITH MARCH IN
PLACE

Fort
HealthCare
For Health



FEBRUARY HALLWAY FUN!

WHO/WHAT DO I
NEED TO
FORGIVE TODAY?

Fort
HealthCare
For Health

