

WALKING OFFICE BINGO

THE THINGS YOU'LL HEAR COLLEAGUES SAY
DURING PUT YOUR FEET TO WORK WEEK



I'VE DONE MY
10,000 STEPS
FOR THE DAY
ALREADY

YOU'VE SAVED
HOW MUCH?

LET ME JUST
WARM DOWN
FIRST

YOU'LL NEVER
GUESS WHAT I
SAW ON MY
WALK TO WORK

I RECKON I'VE
WALKED OFF
THAT MUFFIN

JUST LET ME
POP ON MY
PEDOMETER

IT FEELS GREAT
TO FEEL THE
WIND IN YOUR
HAIR

IT ACTUALLY
WORKS OUT
QUICKER TO
WALK!

'GRACIAS' I'M
LEARNING
SPANISH ON MY
WALK TO WORK

OOH MARK,
I LOVE YOUR
NEW TRAINERS

I ACTUALLY
LIKE WALKING
IN THE RAIN

DID YOU
REALISE
THERE'S THAT
PARK NEARBY?



WHAT TIME'S
OUR WALKING
MEETING?

I CAN'T
REMEMBER
THE LAST TIME
I TOOK THE LIFT

RACE YOU TO
THE PUB

TIME FOR MY
MORNING
POWER WALK

I FEEL SORRY
FOR THOSE
POOR
COMMUTERS

NICE
PEDOMETER
NEIL

HERE'S THE
LINK TO MY
WALKING PLAY-
LIST

I OVERTOOK
MY BUS THIS
MORNING,
WALKING

I'VE
DISCOVERED
THE BEST
NEW LUNCH
PLACE

THIS LYCRA
IS SO COMFY
I WANT TO
WEAR IT
ALL DAY

I HAVE MY BEST
IDEAS WHEN I'M
WALKING

DO MY CALF
MUSCLES LOOK
MORE DEFINED?