It’s **MOVE-it MONDAY**!!!

Monday, May 4, 2020

For this week’s Move it Monday, let’s do a workout you can do at your desk! The best part of this workout is you don’t have to leave your desk! 😊

# So let’s keep moving this Monday/week. Below is a link for this “Easy 10-Minute Workout You Can Do at Your Desk.”

I hope you take the time to do it.  Better yet, if you are sheltering in place with others, make it a group activity!

<https://youtu.be/0Dp2rL397jA>

Enjoy

#StayHome #StaySafe #StayHealthy

HR