

Staying Connected While Social Distancing

While practicing social distancing, we found some creative ways for our staff to stay connected. First, the staff received this teleworking workout challenge.

Telework Hourly Workout



The Challenge: Do the following every hour on the hour.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> - 10 Jumping Jacks - 10 Squats - 5 Forward Lunges (Each Leg) - 5 Backward Lunges (Each Leg) 	<ul style="list-style-type: none"> - Jog / March in Place (30 sec) - 10 Arm Circles (Forward and Backward) - 10 Weighted* Tricep Kickback - 10 Weighted* Shoulder Press <p>(*Use water bottles, cans, body resistance for weights)</p>	<ul style="list-style-type: none"> - 10 Jumping Jacks - Plank (30 sec) - 10 Supermans - Bridge (30 sec) 	<ul style="list-style-type: none"> - Wall Sit (30 sec) - 5 Push Ups - 10 Weighted* Chest Press - 10 Weighted* Upright Row <p>(*Use water bottles, cans, body resistance for weights)</p>	<ul style="list-style-type: none"> - 10 Jumping Jacks - 10 Squats - 10 Crunches - Plank (30 sec)

*****Modify Workout to your fitness level by increasing or decreasing number of repetitions*****



Your safety is important.

Please workout only to the level at which you feel comfortable and which causes no pain or injury. You can modify any exercise to your fitness level. If unsure, please check with your physician.

Next, the staff was challenged with a Scavenger Hunt where they were given a list of 25 items to find.

SCAVENGER HUNT LIST

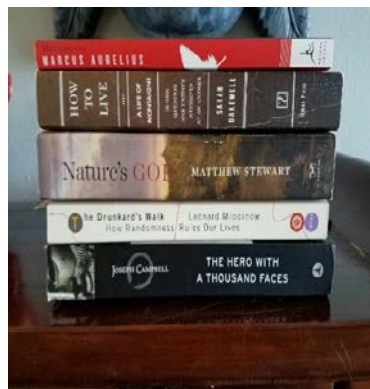
- ☐ Sports jersey
- ☐ Gloves or mask
- ☐ Something round
- ☐ 3 Things that are green
- ☐ File folder
- ☐ Picture of your pet
- ☐ Article of clothing or tote bag with our court logo
- ☐ Coin with the court seal
- ☐ A book you are currently reading or would like to read
- ☐ Ticket Stub from last 3 years
- ☐ Something that makes you smile
- ☐ Red bowl
- ☐ Picture with your coworker or coworkers
- ☐ Tape dispenser
- ☐ Bankruptcy Code and Rule Book
- ☐ Find something that smells nice
- ☐ Something you are grateful for
- ☐ Find something that you made
- ☐ Clorox wipes
- ☐ Pair of fun socks
- ☐ Bankruptcy court mug
- ☐ Something that begins with the letter “B”
- ☐ Hand sanitizer
- ☐ Rubber band
- ☐ Device that displays time



Congratulations to Sabrina Mallow for finding 22 items and winning this challenge!



Items found by other participants:



Next up...Bankruptcy Bingo!

