
























STAYING FIT AT HOME BINGO

B	I	N	G	O
<p>Participate in a SO live workout on social media</p> 	<p>Help out with household chores</p> 	<p>Spend 5 minutes <u>Stretching</u></p> 	<p>Work out to <u>Endurance Level 3 Fitness Video</u></p> 	<p>Finish 5 activities from <u>SHAPE America's Mind & Body Calendar</u></p> 
<p>Send a friend encouragement on social media</p> 	<p>Do 1 minute of quick punches</p> 	<p>Take a 30 minute walk or bike ride</p> 	<p>Work out to <u>School of Strength Video 3</u></p> 	<p>Drink 5 bottles of water in one day</p> 
<p>Take a 30 minute walk, jog or run</p> 	<p>Dance to 30 minutes of <u>Hip Hop Public Health</u> dance videos</p> 	<p>FREE SPACE</p>	<p>Try a new <u>calming activity</u> before bed</p> 	<p>Replace 30 minutes of screen time with 30 minutes of physical activity</p> 
<p>Build a workout playlist and share with a friend</p> 	<p>Post a picture of a healthy meal you are eating and tag #inclusivehealth</p> 	<p>Work out to <u>Flexibility Level 3 Fitness Video</u></p> 	<p>Eat 5 total fruits and vegetables in one day</p> 	<p>Send someone a compliment</p> 
<p>Work out to <u>School of Strength Video 2</u></p> 	<p>Work out to <u>Strength Level 3 Fitness Video</u></p> 	<p><u>Wash your hands</u> for 20 seconds</p> 	<p>Do 30 curl ups</p> 	<p>Spend 5 minutes doing <u>Yoga</u></p> 