

Bust-A-Move

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Choose 1-2 "Deskercises" to complete every other hour.	Create your own 30 minute activity	Do this 30 Minute Stretching Challenge	DO SOME RESEARCH: Read about The Barriers of Physical Activity	Complete one 20-min physical activity video
Try this Stress Relieving activity	Participate in one fitness class at your local Rec Center with this free pass	Create your own 30 minute activity	Spend 30 minutes exploring a new trail	Try a playground fitness game for 20 minutes
Find a new walking/running Route	DO SOME RESEARCH: Read about The Myths of Strength Training	Complete one of these strength training activities	Try a free class at your local Rec center or Govt Center with this free pass	Create your own 30 minute activity
Complete one of these strength training activities	Complete one work out of the week (wow)	Participate in one fitness class. Govt. Center Classes	Complete one of these strength training activities	Complete one 20-min physical activity video
Create your own 30 minute activity	Spend 45 minutes being active with family, friends or pets	DO SOME RESEARCH: Watch this video of the effects of physical activity	Create your own 30 minute activity	While you watch T.V. do this activity during commercial breaks

* WHEN STARTING UP A NEW PHYSICAL ACTIVITY ROUTINE, PLEASE CONSULT WITH YOUR PHYSICIAN.

Complete 1 BINGO for 25 points and the chance to win a small prize!

"Blackout" the card for the chance to win the GRAND PRIZE

(BINGO—5 SQUARES IN A HORIZONTAL, DIAGONAL, VERTICAL ROW; BLACKOUT—ALL SQUARES)