

WINTER FITNESS BINGO!

Have fun and get moving with these cold-weather activities. See how many BINGO squares you can check off this month!

Suggested goals:

- Complete at least 1 activity each day, or
- Complete at least 5 activities each week

ACTIVE VIEWING March in place, pace the room, do squats while watching tv or scrolling	15 MINUTE BREATHE & MOVE Combine slow movement with deep breathing	TAKE THE STAIRS Use only the stairs for one whole week	VISIT A GALLERY OR MUSEUM Take your time moving thoughtfully between each exhibit	SNOW MAINTENANCE Bundle up and clear the snow from your drive or walkways
WINTER SPORT Snowshoeing, skiing, snowboarding, ice skating, sledding	WALK & TALK Phone a friend or take a meeting while walking around your home or office	15 MINUTE MUSCLE STRENGTHENING Pushups, crunches, squats, anything that works your muscles	ACTIVE HOUSEWORK Vacuuming, cooking dinner, making the bed, anything you need to get done!	BOOKENDS Do 15 minutes of gentle movement first thing in the morning & last thing at night
30 MINUTE DECLUTTER Actively clear out & organize a shelf, drawer, room, closet	INDOOR SPORT Bowling, climbing, roller skating, yoga class, dance class	NOT-SO-FREE FREE SPACE Drink plenty of water today!	15 MINUTE EXERCISE VIDEO Look for a video to follow on YouTube!	BRISK WALK Invite a friend for a walk in the brisk winter air
15 MINUTE CARDIO Jumping jacks, squat jumps, jog in place, anything that gets you heart beating faster	GROCERY SHOPPING Walking through the aisles is a great way to stay active	PARK FARTHER But remember to walk like a penguin when it's icy!	ACTIVE PLAY Charades, Simon Says, Balloon Keep Up are fun ways to get moving	MULTITASK March in place, do some heel raises or stretch while completing chores or tasks
15-MINUTE STRETCH Ease tension in your neck, back, hips	MOTION BREAKS Set a timer, move during ads, move while you scroll	EXPLORE THE LIBRARY Get lost in the rows of books and other fun resources!	ACTIVE READING How many pages can you read while wall sitting?	15 MINUTE DANCE BREAK Put on some of your favorite songs and move to the music