

FITNESS BINGO!

2026

STEP IT UP
ERIE COUNTY

FARMERS MARKET WALK N' TOUR Join at least one of the scheduled walks	STACK HABITS Pair movement with something you do already	NOTICE THE BENEFITS After moving, notice one way your body or mood feels different	BIRD WALKS AT FRONTEIR PARK Join at least one of the scheduled walks	LUNCH WALK Use at least 15 minutes of your lunch break to walk alone or with friends
DANCE Dance to your favorite song	MULTITASK March in place, do some heel raises or stretch while completing chores	MINDFUL WALK Walk without distractions for at least 10 minutes	TREAT YOURSELF Make a list of healthy treats to have on hand	ACTIVE VIEWING March in place, pace the room, do squats while watching tv
STRETCH Stretch your major muscle groups for at least 10 minutes	TAKE A NEW ROUTE Walk or jog a route you've never taken before	FREE SPACE	WALK & TALK Phone a friend, listen to a podcast, take a meeting, etc. while walking	PLAY A GAME Play a physically active game for 26 minutes
CHAIR YOGA Do a full-body stretching routine while seated	TAKE THE STAIRS Use only the stairs for one whole week	BIKE RIDE Ride your bike around town & take notice of the trees you pass	PARK FARTHER Park farther away & walk extra during errands	NATURE WALK Invite a friend to check out a new walking or hiking trail
BOOKENDS Do 15 minutes of gentle movement first thing in the morning & last thing at night	GET ORGANIZED Spend 26 minutes actively clearing out & organizing a shelf, drawer, or closet	PHOTOGRAPHY WALK Walk & snap some shots of flowers or other interesting things	TRY A NEW SPORT Try a new form of movement (pickleball, frisbee, etc.)	BREATHE & MOVE Combine slow movement with deep breathing for at least 10 minutes