

STAYING FIT AT HOME BINGO



Special Olympics
Health
FOUNDATION
MADE POSSIBLE BY **Golisano**



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 Stretching</p>	<p>Work out to Endurance Level 3 Fitness Video</p>	<p>Finish 5 activities from SHAPE America's Mind & Body Calendar</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 School of Strength Video 3</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 Hip Hop Public Health dance videos</p>	<h2>FREE SPACE</h2>	<p>Try a new calming activity 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 Flexibility Level 3 Fitness Video</p>	<p>Eat 5 total fruits and vegetables in one day</p>	<p>Send someone a compliment</p>
<p>Work out to School of Strength Video 2</p>	<p>Work out to Strength Level 3 Fitness Video</p>	<p>Wash your hands for 20 seconds</p>	<p>Do 30 curl ups</p>	<p>Spend 5 minutes doing Yoga</p>