

# FITNESS BINGO #1

Have a parent or guardian initial the squares you complete! You can email me a picture of your bingo card when it is completed and you will get into a drawing to win a prize!

Have fun! - Ms. Duplissa

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| Go for a 10 minute walk.   | Hop around your yard or house like a bunny!                     | Cook one new healthy recipe with your family.              | Do 6 laps around your home.            | Eat 3 cups of veggies in a day (Ex:Broccoli, Carrots, Corn).     |
| Try something new!   | Tell each person in your family something you like about them!  | 10 push ups<br>20 squats<br>30 sit ups                     | Play outside for 20 minutes.           | 20<br>Mountain Climbers  |
| 30 catches with a ball or item of your choice.   | Eat protein (eggs, steak, chicken, beans)                       | <b>FREE SPACE</b>  | Go for a 20 minute walk.               | Play a game with your family. (cards, sports, board games, etc.) |
| Butterfly stretch (two feet together) and count to 10 as you flutter your wings. Repeat 3 times. | Play outside for 20 minutes.                                    | Eat 2 cups of fruits in a day (apple, orange, grapes etc.) | Dance to your favorite song!           | 10 push ups<br>10 Jumping Jacks<br>10 Squats                     |
| Tidy up your bedroom to help your parents.   | Take 5 minutes and just breath or listen to some calming music. | Your choice active activity for 10 minutes.                | Drink 5 cups (8 oz) of water in a day. | Help Clean at least one room in the house.                       |