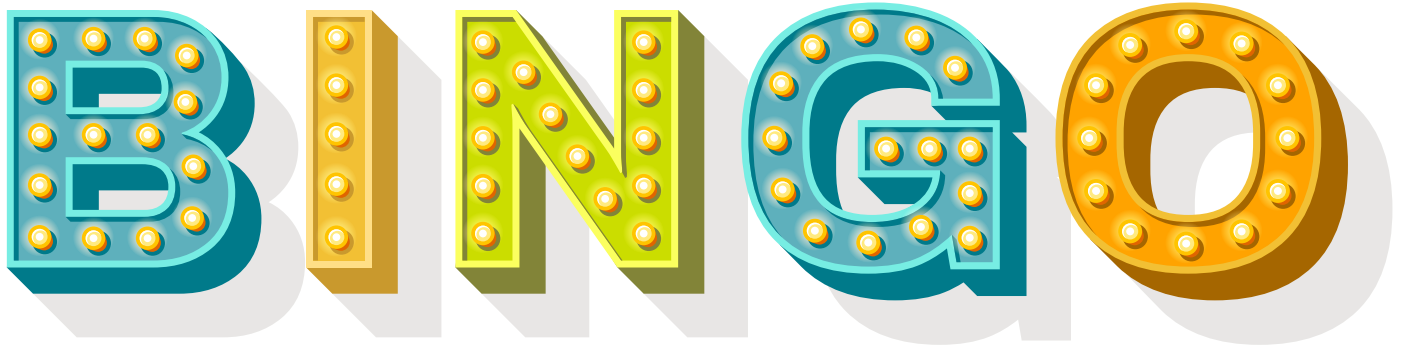


# Brain Break



20 min. walk	15 min. ball toss	15 squats	Family dance party	5 min. jump rope
10 min. climbing <small>(hill/stairs)</small>	Touch toes 10 times	30 min. housework	Walk with friend	Outdoor scavenger hunt
Go on a nature hike	5 min. jogging in place	<b>FREE CHOICE</b>	Play yard games	Visit the park
20 min. bike ride	Try a new sport	Walk after dinner	20 min. yard work	Create your own obstacle course
Walk/play with pet	30 jumping jacks	Try yoga poses	Play outside	10 min. stretching

# Participant Information

All information below must be completed to be eligible for the prize drawing!

Name: \_\_\_\_\_

Number of people that participated in BINGO activities: \_\_\_\_\_

Number of BINGOS completed on card: \_\_\_\_\_

Email address: \_\_\_\_\_

## How to play!

1. Check-off each activity completed on the BINGO card (printed or interactive PDF). Activities can be done in any order. There is no limit to the number of activities you can complete!
2. Participants can modify the activities as needed for their situation.
3. Five activities in a row; either vertically, horizontally or diagonally – scores a BINGO!
4. Participants earn one entry for each BINGO scored on the card! Each card is worth up to 12 entries!
5. BINGO cards can be submitted by each person participating in the challenge; or one card may be submitted for an entire family.
6. **Cards can be used and submitted one of two ways:**  
**Interactive PDF** – Save the Brain Break Bingo PDF to your computer’s desktop or mobile device. Once your activities are completed (click the activity to place a bingo chip!) and the participant information has been filled out, save the final PDF and send as an attachment to [CommunityEngagement@GoshenHealth.com](mailto:CommunityEngagement@GoshenHealth.com).  
**Printed Game Board** – When using a hard copy game board (either supplied or printed at home), mark the activities completed using a crayon/marker or by placing the “cut-and-paste” bingo tokens provided on the last page of the PDF! Once your activities are completed and the participant information has been filled out, send a photo or scan of your game board to [CommunityEngagement@GoshenHealth.com](mailto:CommunityEngagement@GoshenHealth.com).
7. Cards must be received by **May 10, 2022** to be entered into the prize drawing.
8. Winners will be randomly drawn and notified through email by **May 20, 2022**.
9. Enjoy time spent connecting, playing and having fun with others!





If using a hard copy game board (printed or supplied), cut and paste these **BINGO** chips onto your game board after completing the activities!

