



BINGO

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	FREE CHOICE	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



If desired, cut and paste these **BINGO** chips onto your game board after completing the activities!

