

# Family Fitness

## BINGO Apr 1 - 30

Name:

Phone:

*Winners  
drawn on  
May 4!*

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Family Workout (bike ride or walk)	Cook a healthy meal with your kids	Eat at least two veggies today	Have a family board game night	Plank Challenge see who can last the longest
Stretch for 15 min	Do a family yoga workout	Do a Family Relay (piggyback or wheelbarrow style)	Each member of the family chooses an exercise to do for 30-60 seconds	Have a 20 minute Dance Party
Go on a Family Nature Hunt (look for squirrels)	Attend a Family Swim at the Leisure Centre		Do 10... Squats Jumping Jacks Push Ups	Wall Squat Challenge see who can squat the longest
No sweats all day	Play a game of tag for at least 15 minutes	Drink 5 glasses of water in the day	Family Fun at a local playground	Stand on left leg while brushing your teeth
Stand on right leg while flossing your teeth	Eat two fruits today	Set up a Family Obstacle Course in your yard or driveway	Attend a Family Swim at the Leisure Centre	Practice mindful sitting for 5 minutes

visit [mission.ca/fitnessbingo](https://mission.ca/fitnessbingo)  
for all the details.



[mission.ca/Leisure](https://mission.ca/Leisure)

# How to Play

- 1. Print the individual or family bingo card.**
- 2. Complete a maximum of one activity per day (from April 1-30).**
- 3. Complete a bingo (full row, column, diagonal)**
- 4. Submit your bingo by email to [leisureservices@mission.ca](mailto:leisureservices@mission.ca)**
  - ensure your name and phone number are listed on the card.**
  - take a picture of your card with the completed squares marked with a pen or bingo dabber.**
  - write in the email subject line either Family Fitness Bingo or Fitness Bingo depending on what card you are completing.**
  - attach the picture of your Bingo Card.**

**Good Luck**



[mission.ca/Leisure](https://mission.ca/Leisure)