

Fitness BINGO

Apr 1 - 30

Winners
drawn on
May 4!

Name:

Phone:

B	I	N	G	O
Go for a 30 minute walk around the neighbourhood	Sqaut 25 times twice today	Do 15 minutes on an eliptical in the weight room	Do 10 push ups with feet on a chair or coffee table	Post of picture of your workout summary on facebook
Skip for 1 minute	Walk or run for 30 min on a treadmill in the weight room	Hold a plank for 1 minute 3 times today	Do 20 minutes on a bike in the weight room	Challenge a Household Member to a Dance Off
Eat three servings of veggies	Accumulate 200 push ups over 7 days		Hold a wall squat for 1 minute and do 25 jumping jacks	Take 4 five minute stretch breaks during the day
No sweets all day	Dance to your favourite song	Drink 5 glasses of water in one day	Do 20 minutes of water walking or swimming in the pool	Go for a 30 minute hike
Work in your yard or garden for 30 minutes	Do 25 Burpees	Use the Concept 2 Rowing Machine in the studio for 5 minutes	Do 40 walking lunges in your hallway	Practice mindful sitting for 5 minutes

visit mission.ca/fitnessbingo
for all the details.



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**
 - 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



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