

MEANINGFUL MOVEMENT BINGO

COMPLETE AS MANY ACTIVITIES AS YOU CAN IN
ONE MONTH!

Go for a 30 min walk	Ride a bike	Do yoga	Dance to your favourite song	Follow an online Zumba class video
Gardening	Take an exercise class	Do a family/friends step challenge	Go on a hike	Use resistance bands in your workout
Do 10 lunges	Go swimming	Go for a run/jog	Shovel snow	Walk in place while watching TV
Go skiing	Stand up for 2 minutes every hour	Go bowling	Do a water sport (canoeing, kayaking)	Go to the gym
Play a new sport	Take the stairs only for one day	Walk 10,000 steps in a day	Do weight training	Rake the leaves