

Movement Bingo

Feeling uninspired by your exercise routine—or lack thereof?

Use the “BINGO” game concept to get creative, try some new things, and maybe even have fun while meeting your physical activity goals.

HOW TO DO IT

In the blank spaces in the following BINGO card, fill in some movement ideas you'd like to try.

Maybe they're things you've already done and know you love (or at least tolerate), or maybe they're activities that have always been on your “bucket list.”

IDEAS TO GET YOU STARTED

Feeling intimidated by all those blank spaces? Borrow some ideas from the following list to get started:

- Try a dance class
- Do a 30 second plank
- Try aerial or acro yoga
- Do an outdoor fitness class
- Hike a local trail
- Balance on each leg for 30 seconds
- Do 5 pushups
- Sign up for a historic walking tour of your town or city
- Do 10 squats
- Go horseback riding
- Dance to your favorite song
- Try a martial arts class
- Ride your bike to the mall or a store
- Try a drumming class
- Do 10 arm circles and 10 leg lifts
- Do a sun salutation



BINGO

