

GET ACTIVE BINGO

B Be ready for an adventure	I Indoor activities	N Need for Speed	G Getting off the couch	O Outdoor Activities
How many stairs are in your house? Count as you climb!	Balance on 1 foot longer than your family members	How fast can you skip from room to room?	Have a family plank contest.	See how far you can jump in 5 tries.
Take a nature hike in your yard.	Do a lunge for every letter of the alphabet.	How fast can you run a lap around your house?	Teach your family your favorite tag game.	Hop from your car to your house
How many steps does it take to walk around your house? Count while you run or walk!	Do 20 arm circles for each arm.	FREE SPACE Make up your own challenge	Do jumping jacks for 3 different commercials. Or 1-2minutes if you are not watching tv right now.	Run 1 lap around your house for every letter in your name.
How many times can you bounce a tennis ball on a tennis racket in a row? Try 5 times! *Or use any ball and racket combo you have.	Jog in place for 30 seconds in every room of your house.	Have a race to find the fastest person in your family	Dance to your favorite song.	Move in 3 different ways to do 1 lap around the house. Skip, hop, crawl or anything else!
Walk to get the mail or to the end of your block.	Toss a ball to yourself and catch it 20 times.	How many sit-ups can you do in 1 minute?	Juggle a soccer ball for one minute.	Soccer style dribble a ball around your house 3 times.