

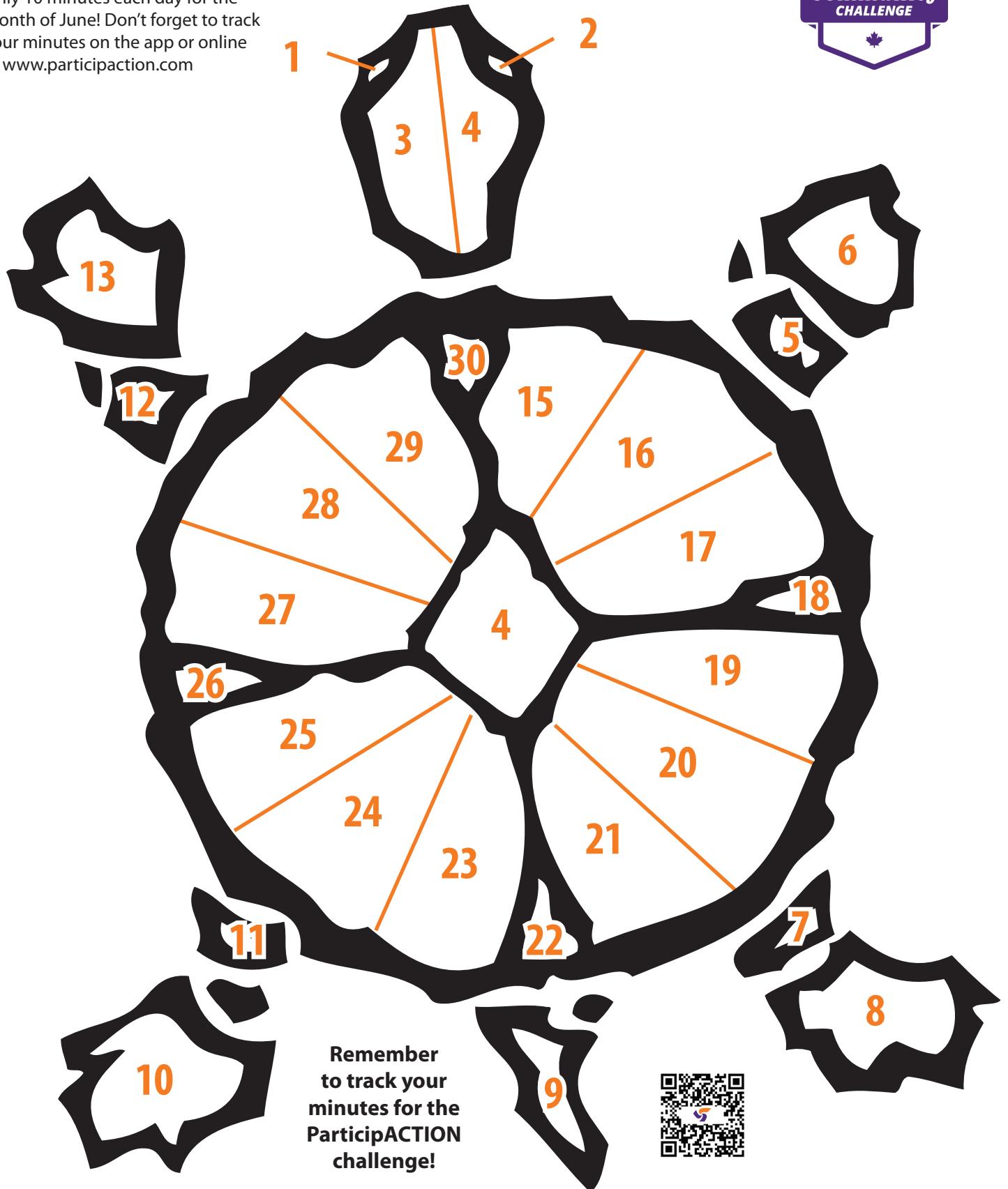
Daily 10 BINGO!

BOISSEVAIN-MORTON
PARKS & REC

30 Day Bingo

Activity Challenge

Only 10 minutes each day for the month of June! Don't forget to track your minutes on the app or online at www.participaction.com



Remember to track your minutes for the ParticipACTION challenge!



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30 Day Bingo Activity Challenge

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1. Body Basics: 3 sets of each - 15 body weight squats, max pushups, 15 crunches
2. Feeling Day 1? Stretch out all muscle groups
3. Pick up the Pace: A brisk outdoor walk
4. Power of Four: 4 rounds of - walk 1 min, body weight squats 1 min, pushups 1 minute, and 4 crunches
5. Monday Madness: Line dance - you just might have to make one up!
6. Take 2 Tuesday: 3 sets of each - 10 walking lunges, 30 second plank, 1 min marching man
7. Play a sport! Golf, tennis, ball, soccer, bocce ball, frisbee, etc
8. Fiesty Friday: Full body stretch
9. 3 sets of each - 20 alternating lunges, 15 crunches, 5 pushups
10. Take a Hike!
11. Slow Down Sunday: go for a stroll.
12. Clean Up: Add an additional 10 minutes of active housecleaning in any one room.
13. Take Charge Tuesday: 3 sets of each - 1 min wall pushups, 1 min squats, 1 min glute bridge, 15 crunches
14. Whimsical Wednesday: Get out in nature and garden (or pluck weeds, find flowers, enjoy outside!)
15. Halfway Happy Dance: pick 3-4 of your favourite songs and dance!
16. Back to Basics: 3 sets of each - 15 squats, 15 pushups, 20 second planks
17. Take the Time to Stretch: Full body stretch, all muscle groups
18. Grab a friend and take a walk! Make sure you both track your minutes
19. Charades Shenanigans: find a friend, or your pet! And take turns acting out movie titles
20. Two Steps Tuesday: 3 sets of each - walking lunges x 20, 20 crunches, speed walk 1 minute
21. Witty Wednesday: take a stroll while listening to an audiobook
22. Never Have I Ever: try one physical activity you have never tried before.
23. Friday Funday: Remember that line dance you did? Time to teach it to a friend!
24. Slow it Down Saturday: Stretch out all those muscles you used line dancing!
25. Saucy Sunday: 10 sets of 10 - squats, pushups/ wall pushups, bridge
26. Absolutely Monday: 3 sets of each - 1 min marching man, 30 seconds plank, 1 min marching man, 10 crunches
27. Take a Hike Tuesday
28. Are we Almost There Yet?: Pick a random number from 1-27. Complete that day's task.
29. One More Time: choose your favourite activity from above and do it again
30. Challenge Complete! We dance!

Complete your entire Bingo by June 30 to be entered to win a prize! Return completed bingo to bmrec@boissevain.ca or Rec Office

Name: _____

Phone: _____