

ACTIVE



ADD MORE

ACTIVITY EVERYDAY BINGO

Take stairs	Walk around	Do push ups	Do squats	Hold a plank
Stretch legs	Stretch back	Stretch Shoulders	Stretch neck	Stretch chest & front delt
Walk Outdoors	Breathe Deep	FREE MOVE	Calf Raises while standing	Skip a step
Stretch hips & flexors	Stretch fingers and wrists	Make ankle circles	Stand on one leg	Step on & off a bench
Park far away	Crunches	Carry groceries	Evening stroll	Bedtime stretch

How to use this activity challenge:

- Get creative and interpret the movement and activity suggestions however you choose.
- The objective is to find ways to move more throughout the day.
- It doesn't matter how many you do, what matters is that you move more throughout the day.
- FREE MOVE = anything active you choose

How to start & get a tiny bit better over time:

- Start small and challenge yourself to get at least one (1) BINGO per day. To WIN a BINGO for the day, you need to complete 5 actions in a horizontal, vertical, or diagonal line.
- Improve by challenging yourself to more than one (1) BINGO each day until you are able to blackout your BINGO card every day.
- To challenge yourself, even more, add a number of reps for each movement or exercise or a time limit.



This activity challenge was created and brought to you by the health and wellness team at Living LEAN, LLC
For more activity games and challenges, visit us at livingleannow.com

