

Perform 5 exercises during the day that line up across, up & down, or diagonally to get BINGO. Add an extra challenge by competing with your family to see who can get BINGO first!

BINGO

Touch your toes then reach for the sky 7 times	Bear crawl for 30 seconds	15 Jumping Jacks	12 Push Ups	Run in place for 20 seconds
March in place for 90 seconds	High knees for 30 seconds	Dribble a basketball for 60 seconds	Go on a walk with your family for TWO spaces!!!	
Bicycle legs for 10 seconds	8 starfish jumps		Hop on your right foot for 20 seconds	Hop on your left foot for 20 seconds
High knees for 30 seconds	Turn on the radio and dance for 1 song	40 second crab crawl	Jump rope 20 times	10 squats
10 Jumping jacks	12 arm circles	7 Up-Downs (Burpees)	30 second wall sit	10 Karate punches