

## Fitness Bingo

|                                       |   |  |                                       |   |
|---------------------------------------|---|--|---------------------------------------|---|
| Drink 6 Glasses of Water              | Try a new sport (other than your usual physical activity) | 15 minutes stretching, 2x this week  | Eat 5 Fruits and Vegetables today     | Get 8 hours of sleep                                |
| Read a book for 15-20 minutes         | Walk 20 minutes, 3x this week                             | Try an online/pre-recorded class   | Take the stairs all day               | Try 15 minutes of yoga or yoga poses you know today |
| Take a breathing/relaxation break     | Hold a plank as long as you can                           | FREE<br>Do your favourite activity today :)  | Go for a long walk /hike (1h or more) | Turn your phone off for 3 hours                     |
| Find a new recipe and cook it at home | 20 minutes Strength Training, 2x this week                | Push yourself for a 'personal best' (workout, repetition, walk distance, pace)                     | Try a guided mediation                | Walk a nature trail (not paved roads)               |
| Read an article about Health/Fitness  | Encourage a friend to walk, ride a bike, swim             | Grow a vegetable or fruit in your garden/balcony/ or visit a Farmers Market for some fresh produce | Exercise 15 minutes with a Partner    | Spend 15 min outside, 5x this week                  |

### Rules:

- Cross off 1 task each day until all tasks are done. First day is August 1st , last day is August 25th.
- You can pick any order, any item
- Take a pic of yourself, give us some details or share your Garmin, Strava, FitBit etc. info on my homepage [www.jessischlegel.ca](http://www.jessischlegel.ca), there will be a BLOG where you can add it as a 'comment'. ( guess I'll have to take your word for it for the 3 hours no phone :) )
- In the BLOG-section will also be a link for a pre-recorded class
- Let's cheer each other on, have fun and stay active!