



GET ACTIVE BINGO

<p>B</p> <p>Be ready for an adventure</p>	<p>I</p> <p>Indoor activities</p>	<p>N</p> <p>Need for Speed</p>	<p>G</p> <p>Getting off the couch</p>	<p>O</p> <p>Outdoor Activities</p>
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How many stairs are in your house? Count as you climb!

	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.	<p>FREE SPACE</p> <p>Make up your own challenge</p>	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.