

NAME: _____

B	I	N	G	O
<p>Try a new form of exercise.</p> <p>I tried: _____</p> <p>Date: _____</p>	<p>Partner up! Enlist a friend, neighbor or significant other to work out with you.</p> <p>Date: _____</p>	<p>Use a fitness or activity related app to energize or challenge your workout.</p> <p>Date: _____</p> <p>App: _____</p>	<p>Mark your activity interests in the the shared document titled "Novu: How do you like to move?"</p> <p>Date: _____</p>	<p>Take 5-10 minutes and stretch at your desk. Build some stretch breaks into your day.</p> <p>Date: _____</p>
<p>Motivate yourself to exercise on a day when you're not feeling so energized. Go you!</p> <p>Date: _____</p>	<p>Wear a pedometer or activity tracker and track your steps for a day.</p> <p># Steps: _____</p> <p>Date: _____</p>	<p>How long you can hold a plank? On your toes or on your knees...give it a shot!</p> <p>Time: _____</p> <p>Date: _____</p>	<p>Pick an outdoor adventure! Kayaking, paddle boarding, mountain biking, hiking... adventure awaits!</p> <p>Date: _____</p>	<p>Catch up with a friend during a walk, bike ride, or another physical activity.</p> <p>Date: _____</p>
<p>Go for a walk break with a colleague.</p> <p>Colleague's name: _____</p> <p>Date: _____</p>	<p>Dance it out! Take a class or blast some of your fav jams and start grooving. #killinit</p> <p>Date: _____</p>	<div data-bbox="699 1003 920 1220" data-label="Image"> </div> <p>FREEBIE</p>	<p>Schedule a workout on your calendar.</p> <p>Date: _____</p>	<p>Do a strength workout with zero equipment...just use your body weight!</p> <p>Date: _____</p>
<p>Balance on one foot for 30 seconds, then switch sides and repeat. Close your eyes for an extra challenge!</p> <p>Date: _____</p>	<p>Park in a spot further from the door at work.</p> <p>Date: _____</p>	<p>Participate in the Ask a Dietitian Wellness Talk – being active and eating well go hand in hand!</p> <p>WC* initials: _____</p> <p>Date: 7/13 12:00PM</p>	<p>Create your perfect workout playlist and put it to work!</p> <p>Date: _____</p>	<p>Stand at your workstation for a full day (minus meetings and lunch).</p> <p>Date: _____</p>
<p>Join the #we-like-to-move-it Slack channel and share a physical activity opportunity in the area.</p> <p>Date: _____</p>	<p>Bike to your destination.</p> <p>I biked to: _____</p> <p>Date: _____</p>	<p>Slow down and stretch. Practice yoga or simply do some stretches at home.</p> <p>Date: _____</p>	<p>Try interval training! Pick an activity, go all out for 30 seconds and slow it down for 60 seconds. Repeat.</p> <p>Date: _____</p>	<p>Participate in the July Fitness Friday at Novu.</p> <p>WC* initials: _____</p> <p>Date: 7/22 3:30 pm</p>

*WC = Wellness Committee Member 

Rules of Bingo

- Be honest, please :) Completion is self-attested with just a date for most activities. Additional information is needed where indicated.
- Turn in a hard copy of your BINGO sheet to Andrea H. by Monday, August 1st.

Rewards

- TBD but they are going to be legit! The Wellness Committee is in the process of curating these. And we've got some good stuff so far...Lifetime Spa gift cards, Haute Barre free classes, gym bags...
- At least 2 winners will be drawn for completion of the WHOLE sheet (all squares completed) and at least 2 winners will be drawn for those that complete a row (left to right, up and down, or diagonal).
- There will be opportunities throughout the month of July here at work to complete some of the squares so watch out for those!