



### “GET MOVING” BINGO

Complete the activities below. In order to complete a square an activity must be done by at least 2 family member together. See how many BINGO’s you and the family can make (horizontal, diagonal or 5 in a row). Can you fill up the entire Bingo sheet? Remember 60 minutes of Exercise each day.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Wall sit while counting to “153”	Help the family with chores today -- good exercise!	Do 3 sit-ups for each letter in “MARCH”	Clear out a big space. Can you log roll around the room?	Read a sports story in a book or newspaper. Then go practice that sport.
Do the Chicken Dance today. Teach it to a friend.	Practice juggling with socks or soft balls.	Crazy 8’s 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	Give yourself a healthy heart. Do 100 jumping jacks.	Practice dribbling a ball. Can you do 100 bounces in a row.
Pretend to: *Shoot a basketball (10 times) *Ride a horse *Be a frog *Lift a car	Jog in place for an entire song that is on the radio.	Do “1” minute plank	Feel your heart beating. Now do 50 punches in the air as fast as you can.	How many times can you jump rope without stopping?
Do this: *Hop on one leg 30 times, switch legs *Take 10 giant steps Walk on your knees *Do a silly dance	Do 1 push-up for each letter in the word: “Leprechaun”	Drink water instead of soft drinks.	Draw a picture of yourself doing your favorite exercise. Then practice it.	Jump 15 times. Hop 15 times. March 15 steps.
Make some paper airplanes and work on your overhand throwing skills. Step and throw.	Eat healthy snacks.	Practice your galloping. Wave your hands in the air while moving.	Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	Play catch with a family member or friend.