

STAYING FIT AT HOME BINGO



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION



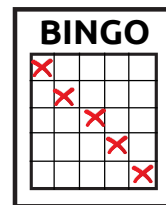
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1 Try to complete ONE task on the BINGO sheet each day.

2 It's OK if you don't do ALL the activities.

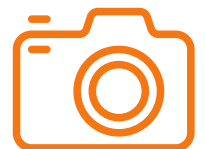
3 5 activities in a row = BINGO!



4 Complete the entire sheet = BLACKOUT!



5 Share photos of you doing BINGO with the hashtag **#SOWAVirtualGames** and tag **@SpecialOlympicsWashington**



MAIL PHOTOS



Special Olympics Washington
C/O: Della Norton
2815 2nd Ave, Suite #370
Seattle, WA 98121

EMAIL PHOTOS



fitness@sowa.org

POST ONLINE:



Hashtag:
#SOWAVirtualGames

Tag:
@SpecialOlympicsWashington

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B	I	N	G	O
<p>Avoid TV and phone screens for 1 day</p>	<p>Do 30 squats</p>	<p>Floss your teeth for 2 minutes</p>	<p>Dance to your favorite music</p>	<p>Do a #VirtualFlex in the mirror & take a photo!</p>
<p>Enjoy a healthy snack</p>	<p>Sleep for 8 hours</p>	<p>Do 30 jumping jacks</p>	<p>Wear your favorite SO t-shirt while you workout</p>	<p>Spend 5 minutes <u>thinking positive thoughts</u></p>
<p>Take a 30 minute walk, jog or run</p>	<p>Spend 5 minutes using a <u>stress ball</u></p>	<p>FREE SPACE</p>	<p>Check the expiration date on your sunscreen</p>	<p>Drink 5 bottles of water in one day</p>
<p>Hold a 1 minute plank</p>	<p><u>Wash your hands</u> for 20 seconds</p>	<p>Eat 5 total fruits and vegetables in one day</p>	<p>Do 1 minute of frog jumps</p>	<p>Balance on each leg for 1 minute</p>
<p>Clean your room</p>	<p>Do 30 curl ups</p>	<p>Participate in an <u>Anytime Fitness Virtual Workout</u></p> <p>Wednesday's @ 10:00 am</p>	<p>Do 15 push-ups or modified push-ups</p>	<p>Take a 30 minute walk or bike ride</p>

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Participate in an <u>Anytime Fitness Virtual Workout</u> Wednesday's @ 10:00 am	Help out with household chores 	Spend 5 minutes <u>Stretching</u> 	Dance for 30 minutes! 	Eat a whole grain
Send a friend encouragement on social media 	Do 1 minute of quick punches 	Take a 30 minute walk or bike ride 	Replace your toothbrush you should do this every 3-4 months	Drink 5 bottles of water in one day
Take a 30 minute walk, jog or run 	Make infused water 	FREE SPACE	Try a new <u>calming activity</u> before bed 	Replace 30 minutes of screen time with 30 minutes of physical activity
Build a workout playlist and share with a friend 	Post a picture of a healthy meal you are eating and tag #inclusivehealth 	Avoid sugary beverages today 	Eat 5 total fruits and vegetables in one day 	Send someone a compliment
Add a protein to your lunch! 	Write something you LOVE about yourself! <hr/>	Wash your hands for 20 seconds 	Do 30 curl ups 	Spend 5 minutes doing <u>Yoga</u>

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<p>Spend 5 minutes completing <u>Deep Breathing Exercises</u></p> 	<p>Do 1 minute of high knees</p> 	<p>Give yourself a foot massage</p> 	<p>Post a picture of your favorite yoga pose and tag #inclusivehealth</p> 	<p><u>Wash your hands</u> for 20 seconds</p> 
<p>Create your own 30 minute workout & share with a friend</p> 	<p>Post a picture of your favorite SO memory</p> 	<p>Track your daily physical activity & nutrition in a Fitness Journal</p> 	<p>Wear sunglasses when you go outdoors.</p> 	<p>Eat 5 total fruits and vegetables in one day</p> 
<p>Eat a high-calcium food for strong bones</p> 	<p>Drink 5 bottles of water in one day</p> 	<p>FREE SPACE</p>	<p>Check your skin for irregular spots</p> <p>A- Asymmetry B- Border C- Color D- Diameter E- Evolution</p> 	<p>Take a 30 minute walk, jog or run</p> 
<p>Avoid caffeine 4 hours before bed</p> 	<p>Participate in an <u>Anytime Fitness Virtual Workout</u></p>  <p>Wednesday's @ 10:00 am</p>	<p>Do 1 minute of mountain climbers</p> 	<p>Text, call, or video chat with a friend or family member</p> 	<p>Write a to-do list for the day</p> 
<p>Post a picture of your healthy meal and tag #inclusivehealth</p> 	<p>Run in place for 1 minute</p> 	<p>Do 50 jumping jacks</p> 	<p>Take a 30 minute walk or bike ride</p> 	<p>Get 8 hours of sleep</p> 