

# STAYING FIT AT HOME

# BINGO



Special Olympics  
**Health**  
FOUNDATION  
MADE POSSIBLE BY **Golisano**



B	I	N	G	O
<p>Work out to <a href="#">Endurance Level 1 Fitness Video</a></p> 	<p>Do 30 squats</p> 	<p>Work out to <a href="#">School of Strength Video 1</a></p> <p><b>SCHOOL OF STRENGTH</b></p> 	<p>Dance to your favorite music</p> 	<p>Post a workout selfie and tag <a href="#">#inclusivehealth</a></p> 
<p>Enjoy a healthy snack</p> 	<p>Participate in a SO live workout on social media</p> 	<p>Do 30 jumping jacks</p> 	<p>Wear your favorite SO t-shirt while you workout</p> 	<p>Spend 5 minutes <a href="#">thinking positive thoughts</a></p> 
<p>Take a 30 minute walk, jog or run</p> 	<p>Spend 5 minutes using a <a href="#">stress ball</a></p> 	<p><b>FREE SPACE</b></p>	<p>Work out to <a href="#">School of Strength Video 2</a></p> <p><b>SCHOOL OF STRENGTH</b></p> 	<p>Drink 5 bottles of water in one day</p> 
<p>Hold a 1 minute plank</p> 	<p><a href="#">Wash your hands</a> for 20 seconds</p> 	<p>Eat 5 total fruits and vegetables in one day</p> 	<p>Do 1 minute of frog jumps</p> 	<p>Work out to <a href="#">Strength Level 1 Fitness Video</a></p> 
<p>Clean your room</p> 	<p>Work out to <a href="#">Flexibility Level 1 Fitness Video</a></p> 	<p>Participate in an <a href="#">Anytime Fitness Virtual Workout</a></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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<p>Spend 5 minutes completing <a href="#">Deep Breathing Exercises</a></p> 	<p>Do 1 minute of high knees</p> 	<p>Work out to <a href="#">School of Strength Video 3</a></p> <p><b>SCHOOL OF STRENGTH</b></p> 	<p>Post a picture of your favorite yoga pose and tag #inclusivehealth</p> 	<p><a href="#">Wash your hands</a> for 20 seconds</p> 
<p>Create your own 30 minute workout &amp; share with a friend</p> 	<p>Post a picture of your favorite SO memory</p> 	<p>Track your daily physical activity &amp; nutrition in a Fitness Journal</p> 	<p>Work out to <a href="#">Strength Level 2 Fitness Video</a></p> 	<p>Eat 5 total fruits and vegetables in one day</p> 
<p>Participate in a <a href="#">BOKS FB Live workout</a></p> <p><b>boks</b></p>	<p>Drink 5 bottles of water in one day</p> 	<p><b>FREE SPACE</b></p>	<p>Work out to <a href="#">School of Strength Video 4</a></p> <p><b>SCHOOL OF STRENGTH</b></p> 	<p>Take a 30 minute walk, jog or run</p> 
<p>Avoid caffeine 4 hours before bed</p> 	<p>Participate in a SO live workout on social media</p> 	<p>Do 1 minute of mountain climbers</p> 	<p>Text, call, or video chat with a friend or family member</p> 	<p>Work out to <a href="#">Endurance Level 2 Fitness Video</a></p> 
<p>Post a picture of your healthy meal and tag #inclusivehealth</p> 	<p>Run in place for 1 minute</p> 	<p>Work out to <a href="#">Flexibility Level 2 Fitness Video</a></p> 	<p>Take a 30 minute walk or bike ride</p> 	<p>Get 8 hours of sleep</p> 

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<p>Participate in a SO live workout on social media</p> 	<p>Help out with household chores</p> 	<p>Spend 5 minutes <u>Stretching</u></p> 	<p>Work out to <u>Endurance Level 3 Fitness Video</u></p> 	<p>Finish 5 activities from <u>SHAPE America's Mind &amp; Body Calendar</u></p> 
<p>Send a friend encouragement on social media</p> 	<p>Do 1 minute of quick punches</p> 	<p>Take a 30 minute walk or bike ride</p> 	<p>Work out to <u>School of Strength Video 3</u></p> 	<p>Drink 5 bottles of water in one day</p> 
<p>Take a 30 minute walk, jog or run</p> 	<p>Dance to 30 minutes of <u>Hip Hop Public Health</u> dance videos</p> 	<p><b>FREE SPACE</b></p>	<p>Try a new <u>calming activity</u> before bed</p> 	<p>Replace 30 minutes of screen time with 30 minutes of physical activity</p> 
<p>Build a workout playlist and share with a friend</p> 	<p>Post a picture of a healthy meal you are eating and tag #inclusivehealth</p> 	<p>Work out to <u>Flexibility Level 3 Fitness Video</u></p> 	<p>Eat 5 total fruits and vegetables in one day</p> 	<p>Send someone a compliment</p> 
<p>Work out to <u>School of Strength Video 2</u></p> 	<p>Work out to <u>Strength Level 3 Fitness Video</u></p> 	<p><u>Wash your hands</u> for 20 seconds</p> 	<p>Do 30 curl ups</p> 	<p>Spend 5 minutes doing <u>Yoga</u></p> 