



WORKING FOR A HEALTHIER TN



Physical Activity BINGO

Aim to complete the activities in a row (horizontally, vertically or diagonally) within a week or complete ALL activities within a month. You should only count one activity per day towards your BINGO. Mark off the square and write down the date you completed each activity.

B	I	N	G	O
Take the stairs instead of the elevator	Recruit a family member to join you for a walk	Do a stretch break at your desk	Pace while talking on the phone	Dance to your favorite song
Complete these office exercises	Try a new activity	Walk for 10 minutes	Do a plank for 30 seconds 	Pass up a close parking space and walk from a spot further away
 Walk the dog	Take a lap around your floor (or home) once every hour for one day	FREE SPACE	20 high knee lifts (10 per side)	Play a sport
Walk 1 mile	Try yoga or meditation	Lift weights (work all major muscle groups)	Deskercises!	March in place 30 seconds
Try a new workout	Take a brain break! Do nothing for 2 minutes	20 arm circles	Walk outside for 30 minutes	 10 Squats