



FITNESS BINGO

Cross off what you have done!
The goal is to complete as many as you can

10
Jumping
Jacks

15
Modified/
Regular
Push Ups

10
High Knee
Marches

1-3
Mile
Brisk Walk
Outdoors

Rest

10
Bicep and
Tricep
Curls

1 minute
Plank or
Wall Planks

10
Sit Ups

Walk 5,000
Steps in a
day

SHAPE

SUPPORTING HEALTHY COMMUNITIES THROUGH ADVOCACY
PREVENTION AND EDUCATION

COMMUNITY EDUCATION SERIES