



YMCA FITNESS BINGO CHALLENGE

PLANK FOR 1 MINUTE	STRENGTH WORKOUT WITH DUMBBELLS OR HOUSE HOLD ITEMS	DO A YOGA WORKOUT	DO 2 MINUTES OF BURPEES TODAY	EAT 2 VEGGIES AND 2 FRUITS TODAY
STRETCH FOR 15 MINUTES	GO FOR A WALK, JOG, OR RUN FOR AT LEAST 15 MINUTES	DRINK 10, 8oz GLASSES OF WATER TODAY	VISIT THE YMCA FITNESS HEADQUARTERS AND DO ONE OF THE WORKOUTS LISTED	DANCE TO YOUR FAVORITE SONG
ZOOM A WORKOUT WITH A FRIEND OR FAMILY MEMBER	TAKE A YMCA FACEBOOK FITNESS CLASS	TAKE A SELFIE (FREE SPACE)	DO 10 JUMPING JACKS 10 SQUATS 10 PUSH-UPS	WALK, JOG, RUN OR BIKE FOR A MINIMUM OF 15 MINUTES
GET 10,000 STEPS TODAY	POST A #LIVewithTHEY PHOTO AFTER A YMCA WORKOUT	WALL SQUAT CHALLENGE HOW LONG CAN YOU LAST?	DRINK 10, 8oz GLASSES OF WATER TODAY	PLANK CHALLENGE HOW LONG CAN YOU LAST?
MAKE A HEALTHY MEAL	TAKE A YMCA ZOOM FINTESS CLASS	DO 30 PUSH-UPS TODAY	LOG YOUR FOOD TODAY	STRENGTH WORKOUT WITH DUMBBELLS OR HOUSE HOLD ITEMS

1. Take a picture after completing one of the activities listed on the board.
2. Collect a set of 5 photos to make a bingo
3. Email pictures to kderengowski@jolietymca.org
4. Participants with all activities documented will be entered into a drawing for Y swag and local business gift cards.
5. Limit 3 bingo entries per person