

**EXERCISE SCIENCE PRESENTS:
HEALTH & HAPPINESS BINGO**

GOAL: ONE BINGO EVERY DAY= 5 UP/DOWN/DIAGONAL

DRAW &/OR COLOR A SILLY PICTURE NO RULES	DO: 15 AIR SQUATS	MAKE SOMETHING W/ FOOD OR EAT A HEALTHY SNACK	DO: FOREARM PLANK FOR 1 MIN.	FIND A QUIET SPACE FOR A 10 MIN SAVASANA (QUIET MEDITATION)
DO: WALK AROUND THE HOUSE/BLOCK FOR 10 MIN	CALL A FRIEND & TALK PLAN A TRIP YOU WANT TO DO	DO: 3 SETS OF 20 WALKING LUNGES	ZOOM A DINNER OR MOVIE WITH FAMILY & FRIENDS	DO: 50 HIGH KNEES OR 50 JUMPING JACKS
JOURNAL : LITTLE, DEEP, RANDOM THOUGHTS JUST FOR FUN	DO: 3 SETS OF 15 BURPEES OR SQUAT THRUSTS	FREE SPACE ***** WE ARE STRONGER TOGETHER	DO: 3 SETS OF 15 PUSH UPS FROM KNEES OR ON TOES	LISTEN TO YOUR FAVORITE UPBEAT SONG
DO: 3 SETS OF 30 MOUNTAIN CLIMBERS	WRITE A LETTER (TO FAMILY, FRIEND OR YOURSELF!) AND MAIL IT	WALK THE DOG OR YOUR PRETEND DOGS OUTSIDE!	PLAY A BOARD GAME OR CARD GAME WITH FAMILY	DO: 10 SUN SALUTATIONS OR 10 MIN YOGA
MAKE A GRATITUDE LIST: WHAT ARE YOU GRATEFUL FOR	DO: 10 MINUTES OF FULL BODY STRETCHES	CLEAN YOUR ROOM & UNCLUTTER YOUR SPACE	DO; 3 SETS OF 30 SECOND WALL SITS	STATE THREE KIND THINGS YOU DID/SAID TODAY