

STAYING FIT AT HOME

BINGO



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



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<p>Work out to Endurance Level 1 Fitness Video</p> 	<p>Do 30 squats</p> 	<p>Work out to School of Strength Video 1</p> <p>SCHOOL OF STRENGTH</p> 	<p>Dance to your favorite music</p> 	<p>Post a workout selfie and tag #inclusivehealth</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 thinking positive thoughts</p> 
<p>Take a 30 minute walk, jog or run</p> 	<p>Spend 5 minutes using a stress ball</p> 	<p>FREE SPACE</p>	<p>Work out to School of Strength Video 2</p> <p>SCHOOL OF STRENGTH</p> 	<p>Drink 5 bottles of water in one day</p> 
<p>Hold a 1 minute plank</p> 	<p>Wash your hands 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 Strength Level 1 Fitness Video</p> 
<p>Clean your room</p> 	<p>Work out to Flexibility Level 1 Fitness Video</p> 	<p>Participate in an Anytime Fitness Virtual Workout</p> 	<p>Do 15 push-ups or modified push-ups</p> 	<p>Take a 30 minute walk or bike ride</p> 