

Healthy YOU Bingo Challenge

MaineHealth
LET'S GO!

5-2-1-0

MAINE
SNAP-Ed
Healthy Eating on a Budget



WEEK 4: LET'S MOVE!

Name: _____

Mark each box you complete with a check!

Do some yard work	Turn on your favorite music and dance for 10 minutes	Attend a virtual yoga class or try a YouTube video at home	Go for a walk at lunch time	Take 10 minutes to stretch today
Try a new form of physical activity	Take a walk after dinner	Do 20 crunches today. Repeat 3 times	Take 10,000 steps today	While watching TV, do sit-ups or push ups during all of the commercial breaks
Balance on one foot while brushing your teeth	Go up and down a flight of stairs 5 times in a row	FREE Or any activity you want to write in!	Hold a plank for as long as you can	Break a sweat today!
Take a walk on a trail nearby your house	Hold a plank for as long as you can	Participate in a physical activity outdoors	Take a family walk	Go for a bike ride
Stretch before bed	Set up a standing station for your at-home work desk	Take your dog for a walk	Lift weights today- or improvise with at home objects like full water bottles!	Do 10 jumping jacks, repeat 3x today

See how many times you can get Bingo (5 in a row), and at the end of the week email your completed bingo card to heal@portlandmaine.gov by Sunday night (5/31). For each bingo card you complete, your name will be entered into a drawing for a prize at the end of the 4 week challenge.