

# I Am Active

COVID-19

## SUMMER PHYSICAL ACTIVITY CHALLENGE

**B I N G O**

<a href="#">DO 20 MINUTES OF GARDENING</a>	HAVE A WATER FIGHT WITH PEOPLE IN YOUR HOUSEHOLD	DANCE TO A FAVOURITE SONG & INVITE HOUSEHOLD MEMBERS TO JOIN	HEAD TO THE BUSH TO COLLECT FIREWOOD	<a href="#">MAKE A SIDEWALK CHALK ACTIVITY COURSE FOR YOU &amp; NEIGHBOURS</a>
DO 10 MINUTES OF STRETCHING	GO BERRY PICKING	<a href="#">DO AN ANIMAL HIIT WORKOUT WITH YOUR HOUSEHOLD MEMBERS</a>	DO 20 MINUTES OF YARD WORK	PLAY TAG OUTSIDE WITH MEMBERS OF YOUR HOUSEHOLD
GO FOR A HIKE ON A LOCAL TRAIL	WIPE DOWN COUNTER TOPS AND MIRRORS	FREE	GO FOR A PHYSICAL DISTANCE BIKE RIDE	TOSS A BALL OR FRISBEE WITH A FAMILY MEMBER
DO 20 MINUTES OF TIDYING OR CLEANING IN YOUR HOME	HEAD TO THE WATER FOR A SWIM, PADDLE OR FISHING	JIG TO YOUR FAVOURITE SONG	DO 20 JUMPING JACKS, REST AND REPEAT IF YOU CAN	<a href="#">DO A YOGA CLASS ON YOUTUBE</a>
<a href="#">DO A PARTICIPATION "LIVE FIT BREAK" FROM THEIR FACEBOOK PAGE</a>	HEAD OUTSIDE FOR A 20 MINUTE BRISK WALK OR JOG!	FOLD LAUNDRY AND GET YOUR ARMS INTO IT!	<a href="#">PLAY A SOCK BALL GAME WITH A HOUSEHOLD MEMBER</a>	PICK UP LITTER ON YOUR STREET

### TO ENTER:

Complete as many activities as you can on the BINGO card and cross out the squares and send us a photo of your card along with the name of your community. You can do this in one of two ways:

1. Post a photo of your card to Facebook, Instagram, or Twitter (make sure it's public) and include the hashtag [#IAmActiveNorthSK](#) and the name of your community
2. Email your card and community name to [nhcp@pophealthnorthsask.ca](mailto:nhcp@pophealthnorthsask.ca)

### Rules

- You must live in a community in the Northern Saskatchewan Administrative District to be eligible for prize entry
- Eligible participants receive one entry for each new square completed (anywhere on the card) for the weekly prize that Thursday, and a maximum of one entry into each month-end prize
- Participants may submit a new card (with different activities completed) up to once per week
- Weekly prizes = \$50 gift card to a local sporting goods store each Thursday in July and August
- Month-end prize = a Fitbit July 31st and August 31st

For more info search [I Am Active Northern SK BINGO Summer Challenge](#) on Facebook!

