

# I Am Active

## PHYSICAL ACTIVITY CHALLENGE

COVID-19

**B I N G O**

<a href="#">PLANT A GARDEN</a>	PLAY CATCH WITH SOMEONE 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 FOR A "SIGNS OF SPRING" HUNT IN THE BUSH	<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
DO A WORKOUT WITH A FRIEND OVER VIDEO CHAT	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>	CHALLENGE SOMEONE TO SEE WHO CAN HOLD A PLANK POSITION LONGEST	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:

1. Complete as many activities as you can on the BINGO card
2. Cross out the squares you complete
3. Post a photo of your card to Facebook, Instagram, or Twitter (make sure it's public) and include the hashtag [#IAmActiveNorthSK](#)
4. If entering on Facebook, be sure to "like" [Northern Healthy Communities Partnership](#), and [Health on Wheels](#)
5. Be entered to win prizes!

One entry for each square completed (anywhere on the card). Prizes for \$50 gift cards drawn each Friday in June. Players can submit their card with new squares crossed out in a new colour once per week! Each player also receives 1 entry into the month-end draw for a Fitbit!

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

