

## April Bingo Challenge

Physical Activity Bingo Challenge  
Wednesday, April 8 – Thursday, April 30, 2020

Welcome to April's Bingo Challenge! You will have the remainder of the month to complete as many Physical Activity and Self Care Challenges as you can, for the chance to win some awesome prizes!

The purpose of this challenge is to:

- a. Encourage physical activity – not just exercise, but things that get you moving more!
- b. Try new things – it is important to challenge ourselves and step outside our comfort zone!

How to get started:

Download one of the three Bingo Cards – most cards have the same activities, but in a different order. There are a couple different ones on each card.

Once you've downloaded a bingo card, print off the card and start completing the activities. We challenge you to achieve a "BINGO" each day (row, column, diagonal OR 4 corners), and a full card each week!

Mark off completed activities with a highlighter, pen, marker etc.

Questions? There is a posted FAQ PDF with small descriptions for all the BINGO activities, contact [k\\_ricica@fanshawec.ca](mailto:k_ricica@fanshawec.ca) for further inquiries. We understand that some activities might not be possible for everyone – just do your best. Always adhere to the most current virus guidelines.

We encourage you to take pictures of your challenges and share them to the event group! We want to see how every member is getting creative and trying new things!

Submit your bingo card by posting a picture of it to our event group or email a picture of it to [k\\_ricica@fanshawec.ca](mailto:k_ricica@fanshawec.ca).

The last day for the challenge is Wednesday, April 31; submissions will be accepted until 6 PM.

How to get prize entries:

Each completed line, up to 3 lines = 1 prize entry (horizontal, vertical or diagonal)

4-Corners = 1 entry

Complete every single box = 2 bonus prize entries

#### Activities:

1. Pick up 5 pieces of litter
2. Have a Dance party! (JustDance game, Zumba video, etc)
3. Try a new type of fitness activity (Pilates, Zumba, Muay Thai, boxing etc)
4. Use an active gaming console (Wii, Xbox Kinect, Playstation Move) for 30 minutes
5. Do some gardening (rake leaves, clean out flower beds, sweep balcony)
6. Declutter an area of your home
7. Plant something (indoor or outdoor)
8. Complete an online yoga or Pilates class
9. Participate in a SWC class
10. Vacuum or sweep the house
11. Dust an area of your home
12. Go for a bike ride or walk (social distancing in mind)
13. Take a stretch break or foam roll
14. Try April's Workout of the Month
15. Try April's Move of the Month
16. Goofy Plank Pose
17. Disinfect commonly touched surfaces
18. Enjoy 20 minutes of sunshine
19. Clean a kitchen appliance
20. Do computer work standing (30 mins)
21. Mop the floors
22. Try a SWC recipe

#### Details or Instructions:

1. Pick up 5 pieces of litter: practicing social distancing, go outside and pick up 5 pieces of litter and dispose of correctly. It could be on your own property or your community.
2. Have a Dance party! Break out a dance video game (like JustDance), try a online Zumba class video, OR just put on the tunes and dance!
3. Try a new type of fitness activity: try something new, check out Pilates, Zumba, Muay Thai, boxing/kickboxing – lots of online and Youtube videos
4. Use an active gaming console for 30 minutes: Wii, Xbox Kinect, Playstation Move etc
5. Do some gardening: rake leaves, clean out flower beds, sweep balcony, pick up sticks etc.
6. Declutter an area of your home: see Ashlee's decluttering challenge for ideas! Also consider decluttering your car, shed or storage unit.
7. Plant something (indoor or outdoor): plant a seed or plant on your window sill, balcony or yard. (P.S....Heeman's in London has online orders and contactless pick up!)
8. Complete an online yoga or Pilates class
9. Participate in a SWC class: check out our workout unit on our Facebook page and give them a try!
10. Vacuum or sweep the house
11. Dust an area of your home
12. Go for a bike ride or walk: social distancing in mind
13. Take a stretch break or foam roll: see Jodi's and Alex's posts on these topics
14. Try April's Workout of the Month: see Alex's post on Workout of the Month
15. Try April's Move of the Month: see Alex's post on Move of the Month
16. Goofy Plank pose: get creative and make us laugh with your funny plank! (dress up, put things on your back, get pets involved... etc

17. Disinfect commonly touched surfaces: using a disinfectant wipe or spray, wipe down commonly touched areas (door handles, fridge door, cupboards, remotes, phone etc)
18. Enjoy 20 minutes of sunshine: open the door and step outside for 20 minutes
19. Clean an appliance: oven, stove top, microwave, fridge, dishwasher, washing machine, BBQ etc
20. Do computer work standing: Using a table, place a stack of books and put your computer/laptop on top to reduce sedentary and seated time.
21. Mop the floors: using a Swiffer or mop head, give the floors a proper wipe down.
22. Try a SWC recipe: check out our recipe unit and give one a try!