

B	I	N	G	O
Take a stretch break	Go for a bike ride or walk	Try a new type of fitness activity	Declutter an area of your home	Participate in a SWC class
Participate in a SWC class	Do some gardening	Complete an online yoga or Pilates class	Vacuum or sweep the house	Try April's Move of the Month
Go for a bike ride or walk	Plant something (indoor or outdoor)	FREE	Dust an area of your home	Try April's Workout of the Month
Participate in a SWC class	Pick up 5 pieces of litter	Use an active gaming console for 30 minutes	Disinfect commonly touched surfaces	Goofy Plank Pose
Take a stretch break	Enjoy 20 minutes of sunshine	Have a Dance party!	Clean an appliance	Take a stretch break