

B	I	N	G	O
Go for a bike ride or walk	Pick up 5 pieces of litter	Use an active gaming console	Declutter an area of your home	Participate in a SWC class
Take a stretch break	Enjoy 20 minutes of sunshine	Goofy Plank Pose	Mop the floors	Try a SWC recipe
Take a stretch break	Go for a walk, jog or bike ride	FREE	Disinfect commonly touched surfaces	Participate in a SWC class
Participate in a SWC class	Pick up 5 pieces of litter	Have a dance party!	Clean an appliance	Take a stretch break or foam roll
Participate in a SWC class	Go for a walk, jog or bike ride	Do computer work standing (30 mins)	Dust an area of your home	Try April's Workout of the Month