

BLUE VALLEY RECREATION

B	I	N	G	O
Take a walk after dinner	Eat 5 servings of vegetables	Park at the back of the lot and walk	Toss around a beach ball	Set-up & run through an obstacle course
Try a new fitness activity <small>(list below)</small> _____	Do 20 jumping jacks	Eat a healthy picnic at a park	Get a good nights rest	Jump rope
Play tag or relay games	Go Swimming	 Free Space	Eat at least 5 servings of fruit	Go for a family bike ride
Have a hula hoop contest	Make a fruit smoothie	Drink water instead of a soda	Keep an exercise log	Run through a sprinkler
Make your own healthy snack mix	Play at a park	Have a water balloon toss	Shoot baskets	Try a new fruit or vegetable <small>(list below)</small> _____

Print this Bingo card and begin playing healthy! Play until all spaces have been completed, then bring the completed card to the activity center for a free one-day swim pass for every family member.