

B	I	N	G	O
feel good	Aesthetic appreciation	Competition	Mental challenge	Increase confidence
Cardiovascular endurance	Weight lifting	Make friends	Body comp test Physical challenge	Mental
Social	high five	FREE	Body composition	Gardening
Gymnastics	Muscular endurance	Improve health	Flexability	Increase fitness
Enjoyment	Boxing	Marathon runner	relieve stress	Co operation

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high five	Body comp testPhysical challenge	Mental challenge	Cardiovascular endurance	Make friends
Competition	relieve stress	Increase confidence	Boxing	Mental
Gymnastics	Body composition	FREE	Gardening	Aesthetic appreciation
Flexability	Marathon runner	feel good	Co operation	Muscular enduranc e
Improve health	Increase fitness	Social	Weight lifting	Enjoyment

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Boxing	Marathon runner	Body comp test Physical challenge	Increase fitness	Body composition
feel good	Gymnastics	Improve health	Weight lifting	Increase confidence
Social	Co operation	FREE	Muscular endurance	Flexability
high five	Mental	Mental challenge	relieve stress	Competition
Gardening	Aesthetic appreciation	Make friends	Cardiovascular endurance	Enjoyment