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

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

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

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