

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

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

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