



exercise

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 24 events:

1 minute march in place, 10 Hula-hoop hip circles, 10 Squats, 12 Calf raises, 15 small arm circles, 20 High knees, 30 tiny knee bends, 8 Lunges to the left, 8 Lunges to the right, Balance on left leg- 30 seconds, Balance on right leg- 30 seconds, Drink 3 glasses of water, Get 8 hours of sleep, Put on your favorite song and dance, Reach to the ceiling- 3 X, Reach to your toes- hold 15 sec, Roll shoulders back- 20 seconds, Run in place-45 seconds, Side bend to the left- 3 X, Side bend to the right- 3 X, Step forward and back - 20 x, Twist side to side 20 seconds, walk outside for 10 min, walk outside for 10 min.



exercise Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



walk outside for 10 min	Balance on right leg- 30 seconds	10 Hula-hoop hip circles	1 minute march in place	8 Lunges to the right
8 Lunges to the left	Step forward and back - 20 x	Run in place-45 seconds	Reach to your toes- hold 15 sec	Side bend to the right- 3 X
Drink 3 glasses of water	Twist side to side 20 seconds	20 High knees	walk outside for 10 min	Get 8 hours of sleep
Put on your favorite song and dance	15 small arm circles	Roll shoulders back- 20 seconds	Side bend to the left- 3 X	Reach to the ceiling- 3 X
12 Calf raises	Balance on left leg- 30 seconds	10 Squats	30 tiny knee bends	

B	I	N	G	O
30 tiny knee bends	Drink 3 glasses of water	15 small arm circles	walk outside for 10 min	Side bend to the left- 3 X
walk outside for 10 min	Step forward and back - 20 x	Run in place-45 seconds	Balance on right leg- 30 seconds	10 Squats
Reach to your toes- hold 15 sec	8 Lunges to the left	FREE	Put on your favorite song and dance	10 Hula-hoop hip circles
20 High knees	Balance on left leg- 30 seconds	Side bend to the right- 3 X	Get 8 hours of sleep	1 minute march in place
8 Lunges to the right	Roll shoulders back- 20 seconds	12 Calf raises	Twist side to side 20 seconds	Reach to the ceiling- 3 X

This bingo card was created randomly from a total of 24 events.

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B	I	N	G	O
Drink 3 glasses of water	30 tiny knee bends	Side bend to the right- 3 X	Step forward and back - 20 x	Reach to your toes- hold 15 sec
walk outside for 10 min	10 Squats	Put on your favorite song and dance	1 minute march in place	10 Hula-hoop hip circles
8 Lunges to the left	Balance on left leg- 30 seconds	FREE	Twist side to side 20 seconds	20 High knees
Reach to the ceiling- 3 X	8 Lunges to the right	Get 8 hours of sleep	walk outside for 10 min	15 small arm circles
Run in place-45 seconds	12 Calf raises	Roll shoulders back- 20 seconds	Balance on right leg- 30 seconds	Side bend to the left- 3 X

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