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While we're stuck at home, it's important to stay active. Even as little as 15-30 minutes of exercise a day can:

- ★ Improve mental health (makes your brain happy)
- ★ Help with blood circulation (your body moves better)
- ★ Help you sleep at night (muscles are less restless)
- ★ Promote muscle building (you get stronger)

→ YOUR CHALLENGE: COMPLETE TWO BINGO SQUARES A DAY

B	I	N	G	O
<p>Walk 30 minutes Go outside, get fresh air! Keep your distance</p> 	<p>Yoga 10 minutes Stretch. Be mindful.</p> 	<p>Bike 30 minutes Wear a helmet! Stay safe!</p> 	<p>PLANK How long can you hold it? Try one whole minute!</p> 	<p>10 minutes Workout of your choice</p> 
<p>25 JUMPING JACKS</p> 	<p>JUST DANCE Dance to 2 videos</p> 	<p>Walk 10 minutes Go outside, get fresh air! Keep your distance</p> 	<p>20 minutes Workout of your choice</p> 	<p>STRETCHES Try to work all muscle groups</p> 
<p>JUST DANCE Dance to 3 videos</p> 	<p>SIT-UPS Do as many as you can!</p> 	<p>30 minutes Workout of your choice</p> 	<p>PUSH-UPS Do as many as you can!</p> 	<p>JUST DANCE Dance to 2 videos</p> 
<p>Bike 30 minutes Wear a helmet! Stay safe!</p> 	<p>20 minutes Straight workout of your choice</p> 	<p>Walk 10 minutes Go outside, get fresh air! Keep your distance</p> 	<p>JUST DANCE Dance to 3 videos</p> 	<p>GYMNASTICS 15 minutes with adult supervision</p> 
<p>10 minutes Workout of your choice</p> 	<p>Yoga 10 minutes Stretch, Be mindful.</p> 	<p>STRETCHES Try to work all muscle groups</p> 	<p>Jog 10 minutes</p> 	<p>Walk 30 minutes Go outside, get fresh air! Keep your distance</p> 