
























PHYSICAL ACTIVITY BINGO

Ready to get moving? Start with small, practical ways to make physical activity a daily habit.

	B	I	N	G	O
	 Wake up and stretch	 Take a rest day	 Work out with a buddy	 Walk 8,000 steps in one day	 Plan your physical activity for the week
	 Reward yourself when you reach an activity goal you've set	 Hold a plank for 60 seconds	 Stretch after a workout	 Take a 30-minute walk or bike ride	 Sleep for 7 hours overnight
	 Create a workout playlist	 Have a virtual walking meeting	 Challenge a coworker to a fitness challenge	 Write down your fitness goals and put them where you can see them everyday	 Complete a virtual workout class
	 Complete a mindfulness exercise	 Complete a strength-based workout	 Complete a cardio workout	 Stand for at least one minute every hour	 Do 50 jumping jacks
	 Link a fitness device to your Vitality account	 Set a goal related to physical activity	 Stand up and stretch in between meetings	 Complete 10-15 pushups at home	 Sign up for an athletic event

LOOKING FOR MORE PHYSICAL ACTIVITY TIPS?

Follow Vitality on Instagram (@powerofvitality | #Vitality_Fitness) for additional resources and content.

