






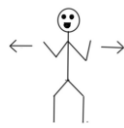

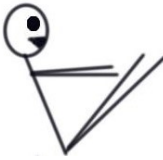












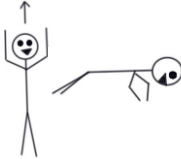
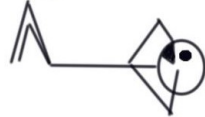




Spirit North Activity BINGO

Get active and challenge yourself to activity bingo!

Check off the square as soon as you have completed the activity. Your challenge is to get a full-house (cross out every square). Do it by yourself or with someone you live with.

B I N G O

<p>25 Jumping Jacks</p> 	<p>30second Wall Sit</p> 	<p>Play Rock-Paper-Scissors</p> 	<p>30second Butterfly Sit</p> 	<p>Bear Walk around the yard</p> 
<p>Side Shuffle 10 steps</p> 	<p>30sec Tree Pose</p> 	<p>30second V-Sit</p> 	<p>Grab an object without using your hands</p> 	<p>20 Squats</p> 
<p>Skip 2x around your yard</p> 	<p>20 Buttkicks</p> 	<p>FREE-STYLE DANCE</p> 	<p>20 Lunges</p> 	<p>30second Plank</p> 
<p>5 Cartwheels</p> 	<p>20 Arm Circles</p> 	<p>30 Bunny Hops</p> 	<p>10 push-ups</p> 	<p>20 High Knees</p> 
<p>20 Burpees</p> 	<p>20 Sit Ups</p> 	<p>Jog 3x around your yard</p> 	<p>Balance an object on head</p> 	<p>10 Toe Touches</p> 