

Healthy Habits Bingo

Stretch during the commercial break of your favorite show	HIIT Do 8 rounds of 20:10 squats and push-ups	Go to the park with the family for some fun	Meditate for 10—15 minutes	Take it outside: snap a pic of you doing a workout outside
Build lean muscle with 40 minutes of strength	Turn off your electronics 30 minutes before bed for a good sleep	Just dance: organized or not, dance for 30 minutes.	Ride a bike: see the sights during 30 minutes of pedaling	Create a peaceful bedroom with no electronics
45-60 minutes brisk walk outside (without your phone)	Just play: whatever that means to you	Free Space 	Do some intense yard work with your family	Get grounded: take off your shoes, find some grass, and run
Stretch or practice balance for 30 minutes	Get 9 hours of restful sleep for the night	Ride a bike: see the sights during 30 minutes of pedaling	HIIT Do 8 rounds of 20:10 lunges and jumping jacks.	Build lean muscle with 40 minutes of strength
HIIT Do 8 rounds of 20:10 mountain climbers and jump squats	Take a hike: 45-60 minute walk outside	Family fun: grab a family member and do 30 minutes of exercise	Just play: whatever that means to you	Make a splash: swim, paddle, float for 30—60 minutes