

Move More, Watch Less Bingo

Complete one bingo (5 activities across, down or diagonally) in 1 week or 2 bingos in 2 weeks. Can you get a black out? Don't forget to include your family in the fun!

<p>Go Swimming</p> 	<p>Park in the last spot when shopping</p> 	<p>Try a new activity or sport</p> 	<p>Turn off the TV during meals</p> 	<p>Do a family scavenger hunt</p> 
<p>Hopscotch</p> 	<p>Do jumping jacks during commercials of your favorite show</p> 	<p>Play a sport</p> 	<p>Wash the car by hand</p> 	<p>Hide the remote control</p> 
<p>Swing</p> 	<p>Take a walk after supper</p> 	 <p>fit families</p>	<p>Cartoon free day</p> 	<p>Jump rope</p> 
<p>Turn off the screen and read a book</p> 	<p>Rake or pick up the lawn by hand</p> 	<p>Go for a family bike ride</p> 	<p>Check out your cities summer activities</p> 	<p>Walk in the park</p>  <p>WALK</p>
<p>Host a dance party</p> 	<p>Take the stairs instead of the elevator</p> 	<p>Go all day with no video or phone games</p> 	<p>Play catch</p> 	<p>Play with a pet</p> 

Name: _____

Fit Families 2015-16



This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Fit Families project.