

## Get Up and Go Bingo

### Welcome to Get Up and Go BINGO!

You don't need a dabber. You don't need to go to a bingo hall. To participate, all you need to do is read the following simple rules on how to score at Get Up and Go BINGO. Regular physical activity can add years to your life – and life to your years. Just 30 minutes of activity most days of the week will make a difference. It's as simple as combining a few Get Up and Go BINGO activities! Play Get Up and go BINGO as you would any bingo game. Return your completed card to your workplace event co-ordinator by \_\_\_\_\_.

### Instructions:

1. Select a Get Up and Go Bingo Card (choice of two).
2. Do the activity described in a square and put an "x" through that square. As in regular bingo, you should choose activities in a straight line, but you do not have to do those activities in order. Bingo is played on the honour system. Only you and your body will know if you've completed the activities.
3. On each card, five squares are designated for an Activity of Your Choice. Do any physical activity and be sure to fill in the square.
4. To be eligible for random draw prizes, complete a minimum of one line either horizontal, vertical or diagonal.

Name: \_\_\_\_\_

Workplace: \_\_\_\_\_

Department: \_\_\_\_\_

Phone Ext.: \_\_\_\_\_

E-mail: \_\_\_\_\_



## Get Up and Go Bingo Card #1

B	I	N	G	O
<b>Do an activity of your choice.</b>	I do, do windows! It's a great workout.	Go for a power walk at noon with a friend or co-worker.	Plant a vegetable or flower garden. Pulling weeds is good exercise.	<b>Do an activity of your choice.</b> _____
Introduce your family to croquet.	Don't lie and fry on the beach. Cover up and go for a walk.	Skip rope. Get a friend to join in.	Get in the swim of things. Even a few laps will help!	Do something active while watching TV.
Grab your binoculars and take a bird watching hike.	Start your day with an early morning jog, swim, cycle or walk.	<b>Do an activity of your choice.</b> _____	Ask an older adult to teach you a game he/she enjoyed as a child.	Take your boss for a walk around the block.
Relax those muscles. Take stretch breaks.	Participate in a community recreation activity.	No one to play catch with? Throw a ball against a high wall.	Golf anyone? You have time to play nine holes and skip the golf cart.	Bend, dig and stretch. It's your gardening workout.
<b>Do an activity of your choice.</b> _____	Chalk up the sidewalk and play a game of hopscotch.	Weight train at home, use soup cans!	Dance the night away to your favourite tunes.	<b>Do an activity of your choice.</b> _____

## Get Up & Go Bingo Card #2

B	I	N	G	O
<p><b>Do an activity of your choice.</b> _____</p>	<p>Wash the dirtiest wall in your home.</p>	<p>Get rolling with skates or blades. Don't forget – safety first.</p>	<p>Go for a walk and weed. Your parks department will love you.</p>	<p><b>Do an activity of your choice.</b> _____</p>
<p>Dust off your golf clubs and drive a bucket of balls.</p>	<p>Take the stairs UP at least one flight.</p>	<p>Window shop 'til you drop. It's great exercise and cheaper!</p>	<p>Go to the park and throw a ball or flying disc.</p>	<p>Take a hike. Explore a local tourist attraction.</p>
<p>Join in pick-up game of horseshoes, baseball or hockey.</p>	<p>Turn bocce ball into a regular backyard activity.</p>	<p><b>Do an activity of your choice.</b> _____</p>	<p>Let's play ball!</p>	<p>Row, row, row a boat...canoe or kayak.</p>
<p>Share your active lifestyle, take a friend for a walk.</p>	<p>Dance to your three favourite songs.</p>	<p>Play soccer with the neighbourhood kids</p>	<p>Leave the car at home. Cycle or walk to work.</p>	<p>Run an errand for an elderly neighbour.</p>
<p><b>Do an activity of your choice.</b> _____</p>	<p>Pick your own vegetables. Remember, at least five servings a day.</p>	<p>Volunteer for a local tree planting project.</p>	<p>Explore the gardens in your neighbourhood by foot.</p>	<p><b>Do an activity of your choice.</b> _____</p>