



FIT CITY BINGO



Plays Tennis	Cooks or prepares healthy meals	Likes to swim	Drinks 6 or more glasses of water each day	Has eaten brown rice
Parks the car further out from the store to walk more steps	Knows the difference between a good/bad Carb	Chooses to eat whole wheat products	Likes to dance	Takes a daily multiple vitamin
Knows What Downward Facing Dog is?	Can name 3 of 4 food groups	Knows how many calories to cut each day to lose a pound a week	Plays Soccer	Is on a sports team - Which one?
Likes to walk	Plays Golf	Takes the stairs instead of the elevator	Eats 3 or more servings of fruits and vegetables each day	Likes to garden or work in the yard
Likes to exercise	Enjoys jumping rope	Eats healthy snacks	Uses Weights to work out	Exercises To music

DIRECTIONS

- Find someone who fits the description in each square.
- Have that person initial the square.
- You may not use the same person for more than one square.
- The first person to get one or more rows completely initialed (Up, down or diagonal) is the winner! Get moving!