

Arnold SportsWorld Fitness Challenge - AUGUST BINGO



Partners and Sports of the Month are: **Columbus Blue Jackets - Hockey**
and **American Jump Rope Federation - Jump Rope**

Get one Bingo in the month for a prize!

Be a Winner! Do 5 things in a row. You Choose! Across, down or diagonal.

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Complete the Broomball & Jump Rope Drills, details below	Hockey Drills - Butterfly & Pigeon stretches on YouTube Hold each for 20 secs. Eat a healthy snack	Go to a Jump Rope Youtube. Choose a trick from a video at your level. Do the trick for 10 minutes	Hockey Drills - Jog in place or around the block with a parent for 10 mins. or more. Eat a healthy snack.	Become a Jump Rope Fan! Watch Tori Boggs on instagram or Facebook Try some of her tricks.
Blue Jacket Scavenger Hunt Additional prize drawing for completed Scavenger hunts Emailed to: lea@arnoldexpo.com	Hockey Drills - 10 Push Ups, 20 situps & 30 Jumping Jacks Eat a healthy snack	Watch the Jump Rope winners from YouTube's Got Talent - Kaylee & Nick	Hockey Fun! Complete the CBJ Rink Maze and jump rope for 10 mins. or more	30 Second Jump Rope Challenge Additional prize drawing for the most jumps in 30 seconds Email results to: lea@arnoldexpo.com
Check out the Dublin Sparks Jump Rope team on Facebook media and try some of their tricks!	Share a jump rope trick with a friend. Also, how many jumps can you do in 30 seconds. Email results to: lea@arnoldexpo.com	Complete the Broomball & Jump Rope Drills, details below	Go to a Jump Rope Youtube. Choose a trick from a video at your level. Do the trick for 10 minutes	Turn off devices for two hours and Complete both CBJ Coloring Page and Jump Rope coloring page.
Go to a Jump Rope Youtube. Choose a trick from a video at your level. Do the trick for 10 minutes	15 mins. or more of Walking, jogging, biking, swimming, etc.	Complete the CBJ Word Scramble Puzzle and jump rope for 10 mins. Eat a healthy snack.	Listen to Blue Jackets Captain #71 Nick Foligno read a book and jump rope for 10 mins. or more	Jump rope to your favorite song Eat a healthy snack.
Hockey Drills - Butterfly & Pigeon stretches on YouTube Hold for 20 secs.	Jump Rope Trivia Additional prize drawing for completed trivia emailed to: lea@arnoldexpo.com	Turn off devices for two hours and Complete both CBJ Word Search and Jump Rope Word Search Challenge	Watch Tori Boggs on instagram or Facebook Try some of her tricks. Eat a healthy snack.	Demonstrate your Blue Jacket Spirit Post a photo in your Blue Jacket apparel and tag #CBJ and #ArnoldSportsWorld



Hockey Broomball Drills: Using a hockey stick, broom or other household item and ball like a tennis ball, weave the ball back and forth in a figure "8" pattern around two small cones or objects, 20 times.

Jump Rope Drills: Try to jump rope 20 times without missing. Once you master this try different jumps on Jump Rope YouTube Videos.

Remember to wash your hands multiple times a day and drink multiple glasses of water.
Each activity is designed to help improve or maintain overall health - physically, socially, emotionally and cognitively.
We are promoting healthy habits for LIFE!!