

# Arnold SportsWorld - September Fitness Challenge

## BINGO

### Sport of the Month - Disc Golf

For September - Choose 5 squares in a winning pattern for 1 week or more. Prizes awarded each week.

Must be a different pattern each week if you are doing multiple weeks. Cross the activities off as you do them.



B	I	N	G	O
<b>Outdoor Physical Activity</b> 15 mins. or more Walking, jogging, biking, swimming, etc.	<b>Quiet Time</b> - meditate, yoga, stretch, do a puzzle, read, draw, paint, etc. 15 mins. or more	<b>Try a new sport</b> - Disc Golf Items needed: Frisbee Create a course or find a course in Columbus at <a href="http://www.discgolfcolumbus.com">www.discgolfcolumbus.com</a>	<b>Wash Hands</b> at least 3 times everyday day Drink Water daily	<b>Housework</b> - dust, yard work, sweep, wash windows, vacuum, clean room, etc.
<b>Housework</b> - dust, yard work, sweep, wash windows, vacuum, clean room, etc.	<b>Send a thank you</b> note to someone who has done something nice for you	<b>Outdoor Physical Activity</b> 15 mins. or more Walking, jogging, biking, swimming, etc.	<b>Quiet Time</b> - meditate, yoga, stretch, do a puzzle, read, draw, paint, etc. 15 mins. or more	<b>Wash Hands</b> at least 3 times everyday day Drink Water daily Try a New Sport-Disc Golf <a href="http://www.discgolfcolumbus.com">www.discgolfcolumbus.com</a>
<b>Turn off all devices</b> for at least 2 hours. <b>Try a new sport</b> - Disc Golf Create or find a course <a href="http://www.discgolfcolumbus.com">www.discgolfcolumbus.com</a>	<b>Housework</b> - dust, yard work, sweep, wash windows, vacuum, clean room, etc.	<b>Wash Hands</b> at least 3 times everyday day Drink Water daily	<b>Play a board game</b> or card game with family or someone in your bubble	<b>Outdoor Physical Activity</b> 15 mins. or more Walking, jogging, biking, swimming, etc.
<b>Wash Hands</b> at least 3 times everyday day Drink Water daily	<b>Outdoor Physical Activity</b> 15 mins. or more Walking, jogging, biking, swimming, etc.	<b>Quiet Time</b> - meditate, yoga, stretch, do a puzzle, read, draw, paint, etc. 15 mins. or more	<b>Housework</b> - dust, yard work, sweep, wash windows, vacuum, clean room, etc.	<b>Eat a healthy snack</b> 1 each day <b>Try a new sport</b> - Disc Golf <a href="http://www.discgolfcolumbus.com">www.discgolfcolumbus.com</a>
<b>Quiet Time</b> - meditate, yoga, stretch, do a puzzle, read, draw, paint, etc. 15 mins. or more	<b>Wash Hands</b> at least 3 times everyday day Drink Water daily <b>Try a new sport</b> -Disc Golf <a href="http://www.discgolfcolumbus.com">www.discgolfcolumbus.com</a>	<b>Housework</b> - dust, yard work, sweep, wash windows, vacuum, clean room, etc.	<b>Outdoor Physical Activity</b> 15 mins. or more Walking, jogging, biking, swimming, etc.	<b>Create your own 15 min. workout</b> - dance, jump rope, practice a sport or try a new sport!

1 -Email a copy of the BINGO game with the days crossed off to [lea@arnoldexpo.com](mailto:lea@arnoldexpo.com)

2 - Make sure your name and email is on the sheet. Your name will be put in a drawing for prizes. Winners will be notified by email.

3 - A list of names will also be posted on our facebook & instagram.

Each activity is designed to help you improve or maintain your overall health - physically, socially, emotionally and cognitively.