

Get Active Bingo

- How many can you complete over the coming weeks?
- Tick off your achievements to win a line or a full house



Use the stairs or an outside step to perform step-ups <input checked="" type="checkbox"/>	Loosen off your shoulders by moving your arms around in circles , then switch directions <input checked="" type="checkbox"/>	Stretch out your body by reaching to the stars and then down towards your toes <input checked="" type="checkbox"/>	Use the laundry basket as a target and see how many items of clothing you can throw in <input checked="" type="checkbox"/>	Move from a seated position to a standing position and repeat <input checked="" type="checkbox"/>
Try to get up and move around for two minutes every hour during the day <input checked="" type="checkbox"/>	Try juggling with your tea towels or rolled up socks <input checked="" type="checkbox"/>	Practice shadow boxing by punching up into the air, to the sides and out in front of you <input checked="" type="checkbox"/>	Get outside for some fresh air and a brisk walk <input checked="" type="checkbox"/>	Bounce on the bed or change the sheets really shaking out the duvet covers <input checked="" type="checkbox"/>
Take a moment to relax by taking a big breath in through the nose and out through the mouth <input checked="" type="checkbox"/>	Walk to the end of your garden or around your flat <input checked="" type="checkbox"/>	REST DAY Do something you enjoy <input checked="" type="checkbox"/>	Play volleyball with a balloon, soft ball or cuddly toy <input checked="" type="checkbox"/>	Grab the tins out of the cupboard and do some bicep curls <input checked="" type="checkbox"/>
See how high you can raise your knees by marching on the spot <input checked="" type="checkbox"/>	Dance around the kitchen or lounge to your favourite song <input checked="" type="checkbox"/>	See how many star jumps you can complete in one minute <input checked="" type="checkbox"/>	Work out your calves by lifting your heels from the ground whilst pressing down on your toes, hold onto the sink or a worktop for support <input checked="" type="checkbox"/>	Try to keep moving by scrubbing down your kitchen sides or other areas of your home <input checked="" type="checkbox"/>
Do some gardening , or clean the windows <input checked="" type="checkbox"/>	Balance on one leg holding onto a worktop for support, hold for ten seconds then swap legs <input checked="" type="checkbox"/>	Walk around while talking on the phone or listening to music <input checked="" type="checkbox"/>	Do the macarena or another dance of your choice <input checked="" type="checkbox"/>	Challenge yourself by seeing how many items you can squat down and pick up from the floor <input checked="" type="checkbox"/>