

Move 26 Winter Bingo

Are you able to get 5 in a row?

<p>TRY A NEW SPORT: Try a new form of movement (pickleball, swimming, etc.)</p>	<p>LAY IT OUT: Set out your activewear the night before</p>	<p>STACK HABITS: Pair movement with something you already do</p>	<p>NOTICE THE BENEFITS: After moving, notice one way your body or mood feels better</p>	<p>TAKE A NEW ROUTE: Walk or jog a route you've never taken before</p>
<p>DANCE: Dance to your favorite song</p>	<p>MINDFUL WALK: Walk without distractions for 10 minutes</p>	<p>BREATH & MOVE: Combine slow movement with deep breathing for 5-10 minutes</p>	<p>WALK AND TALK: Phone a friend, listen to a podcast, take a meeting</p>	<p>STRETCH: Stretch your major muscle groups for 10 minutes</p>
<p>PLAY A GAME: Play a physically active game for 26 minutes</p>	<p>MONITOR: Set a timer, track your daily steps, check off days on the calendar</p>	<p>Gretchen Rubin <i>(Free space)</i></p>	<p>TAKE THE STAIRS: Use only the stairs for one whole week</p>	<p>CHAIR YOGA: Do a full-body stretching routine while seated</p>
<p>ACTIVE VIEWING: March in place, pace the room, do some wall squats while watching tv</p>	<p>PARK FARTHER: Park farther away and walk extra during errands</p>	<p>SHADOW BOX: Stand in one place and throw some punches while keeping your feet moving</p>	<p>BOOKENDS: Do 10-15 minutes of gentle movement first thing in the morning and last thing at night</p>	<p>GENTLE YOGA: Do 10 minutes of gentle yoga movements</p>
<p>MULTITASK: Work in some heel raises or calves stretches while prepping meals, folding laundry, or boiling water</p>	<p>TREAT YOURSELF: Make a list of healthy treats to have on hand</p>	<p>GET ORGANIZED: Spend 26 minutes actively clearing out and reorganizing one shelf, drawer, or closet</p>	<p>DESK RESET: Take a break to stretch your hands, wrists, and forearms for 5 minutes</p>	<p>EVENING WIND-DOWN: End the day with gentle movement</p>