

Physical Activity BINGO!

Materials:

- One Bingo card for each member
- Writing utensil for each member

Preparation:

Read through the program to familiarize yourself with the content prior to presenting. Discuss and choose a prize for incentive with your group. Make copies of Bingo card if necessary.

Do you remember being a kid and spending hours in the car for family vacations? We had to pass the time somehow, and games like license plate Bingo and Mad Libs always seemed to make the trip more fun. As kids, we never seemed to have trouble being creative when it came to spending time on the road. As adults, we may have to put a little more effort into being creative and having fun on our own road to success.

Over the next four weeks, we're going to learn how to make physical activity an enjoyable part of our journey. In all honesty, we probably don't use the words "enjoyable" and "physical activity" in the same sentence very often. Today, we're going to start to change that mindset with a game of Physical Activity Bingo. Yes, that's right—the same concept behind this classic game can be used to add variety to your exercise program.

Activity:

Here's how it works: Fill in your own Bingo card using the following suggestions. Each suggestion may only be entered once and all squares must be filled. You may also add up to three of your own suggestions, if you prefer. One "Free Space" may be added wherever you choose.

- Chair exercises for 10 minutes
- March in place for 10 minutes
- Walk at least 1/2 mile
- Walk at least 1 mile
- Walk at least 2 miles
- Jog at least 1 mile
- Jog at least 2 miles
- Water aerobics
- Cycling
- Elliptical machine
- Exercise DVD
- Exercise video game
- Swimming
- Strength-train for at least 10 minutes (this may include soup cans, body weight exercises, free weights, or machines)
- Dancing
- Kick-boxing
- Thera-Band exercises for 10 minutes
- Tai-Chi
- Yoga
- Martial arts
- Pilates
- Stair-climbing
- Rowing
- Tennis
- Racquetball
- Cross-country skiing
- Snowshoeing
- Sledding with kids or grand-kids
- Ice skating
- Playing tag with kids or grandkids
- Use a piece of functional exercise equipment (kettlebell, medicine ball, BOSU trainer)
- Follow a TOPS chapter program on exercise



Learn It. Live It.

A program for use at chapter meetings

You'll notice one of the suggestions is to follow a TOPS chapter program on exercise. Leaders and Designates have access to these programs at www.tops.org in the Leaders Corner. Suggested programs include "Functional Fitness" and "Starting with Circuit Training." If you decide to do one of these programs as a chapter, make sure every member lists this as one of the squares in their Bingo card. Once your chapter completes a past chapter program on exercise, all members may fill in that square AND one additional square of their choice. In other words, everyone is rewarded for participating as a chapter.

Think outside the treadmill

Remember, physical activity is not limited to gyms or overpriced equipment. In fact, some of the most fun activities are also an excellent workout in disguise. For example, sledding with your friends, kids, or grandkids is a great way to get outdoors and spend time together during the winter months, but did you ever stop to think of how many calories you're burning by climbing the hill, trudging through the snow, and hauling the sled? Probably not...you're too busy having fun!

Take about 3 to 5 minutes to share and discuss different, fun "exercises-in-disguise" with the group. Possible answers include sledding, dance video games, and hula-hooping. Members may add any of these suggestions to their Bingo cards.

Give members about 15 minutes to fill out their Bingo cards. Encourage them to add at least two or three activities they've never tried.

Once everyone is finished filling out their cards, encourage two or three members to share their cards with the chapter.

Physical Activity Bingo is similar to traditional Bingo, but instead of marking your card every time a number is called, you're going to check off the activity square as soon as you complete it and list the date on which you completed the activity. For example, if you have "Walk at least 1 mile" as one of your squares, you would check off that square as soon as you walk at

least one mile. Remember, completing an activity only once allows you to check off that corresponding square, and you do not receive extra credit for completing the same activity multiple times. We never want to discourage you from sticking with a form of exercise you enjoy—however, the focus of this program is to build variety in your exercise program and to keep it fun.

Optional: Once you have one full row checked off (a diagonal row counts, too), you have Physical Activity Bingo and you may turn in your card to me. All cards with Bingo will be entered into a drawing and, at the end of four weeks, I'll draw two cards. The owners of these cards will win a prize.*

You can challenge yourself by going for blackout Bingo on your own, or our chapter could choose to extend the contest over 8 to 12 weeks and include only those with blackout Bingo.

**Make sure your chapter decides upon prizes before you start this program. Suggestions include: a month of free chapter dues, gift card to a sporting goods store, T-shirt, TOPS award item, etc.*

Possible follow-up questions for discussion:

1

What did you enjoy about Physical Activity Bingo?

2

What was challenging about Physical Activity Bingo?

3

Did you find 25 things you wanted to do?

4

Did this change how you felt about exercise?

Physical Activity BINGO!

Be Fit!	It's Time!	No Limits!	Go for It!	Optimism is Key!
Date completed _____	Date completed _____	Date completed _____	Date completed _____	Date completed _____
Date completed _____	Date completed _____	Date completed _____	Date completed _____	Date completed _____
Date completed _____	Date completed _____	FREE SPACE	Date completed _____	Date completed _____
Date completed _____	Date completed _____	Date completed _____	Date completed _____	Date completed _____
Date completed _____	Date completed _____	Date completed _____	Date completed _____	Date completed _____