



POSTCARD PAL

FITNESS BINGO

Challenge someone you know to fitness bingo. The first one to complete enough fun fitness moves to make a straight line across the board wins! Paco is giving you a free space right in the middle to get you started.

5 Push-Ups	10 Jumping Jacks	Clean Your Room	Run in Place 30 seconds	4 Lunges Each Leg
10 Side Leg Raises	10 Squats	3 Burpees	Give Someone a High-Five	45 Second Jump Rope
Run in Place 1 Minute	Take a Hike		Play a Game of Tag	Do Your Best Yoga Pose
3 Deep Breaths	Drink 4 Ounces of Water	30 Second Plank	10 Arm Circles Each Arm	10 Leg Raises
Touch Your Toes	5 Crunches	2 Minutes of Your Favorite Activity	7 Push-Ups	Create your own exercise!

60 MINUTES EVERY DAY!



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