

BINGO

TAKE A 30-MINUTE WALK, RUN OR HIKE	TAKE OUT THE TRASH	DO 15 JUMPING JACKS	EAT 1 SERVING OF VEGETABLES	WASH THE DISHES
DO 15 SIT-UPS	DRINK 8 GLASSES OF WATER	DOWNLOAD THE WAUKEGAN PARK DISTRICT APP	LIKE OUR FACEBOOK PAGE	DO 15 SQUATS
MEDITATE FOR 10 MINUTES	STRETCH IN THE MORNING		CRAB WALK ACROSS THE LIVING ROOM	DO 15 BURPEES
DO 15 PUSH-UPS	CLEAN THE WINDOWS	BALANCE ON EACH LEG FOR 10 SECONDS	VACUUM THE FLOORS	PLANK FOR 1 MINUTE
EAT A HEALTHY LUNCH	CLEAN YOUR ROOM	DO 15 SHOULDER TAPS	DANCE TO YOUR FAVORITE MUSIC	WASH YOUR HANDS FOR 20 SECONDS