

Indiana 4-H Wellness Bingo

Stay active and balanced with these #4HHealthyLiving activities!
Show us what you're up to by sharing photos on social media
and tagging @indiana4h!

F	I	T	N	E	S	S
Play catch or frisbee for 45 minutes	Do 20 minutes of stretching	Keep an exercise log for 1 week	Do 3 sets of 10 triceps extensions Here's how	Do 30 minutes of continuous exercise	Eat a fruit or vegetable at each meal	Post a photo of your athletic shoes on social media #indiana4h
Do jumping jacks during commercials while watching TV	Play a game of hopscotch	Do 3 sets of 10 bicep curls Here's how	Post a photo of your water bottle on social media #indiana4h	Take a walk with your family	Drink water at every meal and with snacks	Do 35 jumping jacks
Go for a 20 minute walk/jog	Drink at least 64 ounces of water today	Fuel your body by eating a healthy breakfast	Do 20 burpees Here's how	Share a photo of your favorite place to walk #indiana4h	Create a new physical activity plan for 1 week!	Lead your family in 10 minutes of physical activity
Learn about setting SMART fitness goals Click here	Have a healthy snack after exercise	Walk/jog 10,000 steps today		Have some protein after working out	Do any physical activity you love for 45 minutes	Learn a new yoga pose
Eat some fruit before working out	Play outside	Do 3 sets of 5 pushups	Follow MyPlate for all meals Click here	Help with active chores (vacuuming, mopping)	Go ice skating or sledding	Do 3 sets of 10 lunges Here's how
Drink only water today	Post a photo of your healthy meal on social media #indiana4h	Take a walk or play an active game during lunch	Read about the benefits of exercise Click here	Do a 30 second plank 3 times today Here's how	Choose chocolate milk instead of sports drinks	Stretch for 5 minutes every hour during homework
Complete 35 crunches or sit-ups today	Learn a new exercise move	Learn about hydration Click here	Jump rope for as long as you can without stopping	Go for a bike/skateboard/scooter ride	Do 25 squats Here's how	Try a new exercise