

GO DONS GET FIT BINGO!

Sponsored by the Kinesiology Department

Move your way to a 5K within a week (e.g. walk, run, paddle, hike)	Schedule and complete a walking meeting with a professor or study-mate	Sign up for the November Challenge: Get Moving for Fun	Meet the Flexibility Recommendation: 2 or more days of flexibility training in one week	Walk up and down the Lone Mountain Steps 2x in a row
Meet the Strength Physical Activity Guidelines: 2 or more days of strength training in one week	Try a new fitness app or video resource by <u>Go Dons Get Fit</u>	Take a 10 minute movement break while studying	Add 5 extra minutes of physical activity to your normal routine (e.g. walking, biking, playing basketball)	Watch a <u>Koret Fitness 101 video</u> or try a recommended <u>stretching routine</u>
Perform 10 repetitions of an exercise during each commercial break while watching a TV show (e.g. jumping jacks, push-ups)	Walk The <u>Dons Meaningful Mile</u>	Meet the Aerobic Physical Activity Guidelines: at least 150 min/week of moderate or 75 min/week vigorous activity	Check out the Exercise is Medicine display at Gleeson library and name a book display_____	Visit a local park!
Go for a walk with a friend	Take the Koret Platform Assessment	Take the stairs instead of the elevator; or take an extra long route walk to class; or get off a stop early on the bus; or park farther away!	Add 10 extra minutes of physical activity to your normal routine (e.g. walking, biking, playing basketball!)	Try walking/biking for transportation to run a local errand
Try a new physical activity that you have never tried before!	Stand during a Zoom meeting or class instead of sitting	Take a 5 minute movement break while studying	<u>Walk the USF Sacred Spaces Tour</u> (available on the USF Mobile App; Under Virtual Tours click University Ministry - Sacred Spaces)	Try a <u>Koret group exercise class</u> online or in-person

Instructions: Complete and cross off as many squares as you can until October 31st. Each completed row will result in a ticket to a raffle prize for free USF goodies. A blackout will result in an additional raffle prize drawing! The more rows/columns completed, the more prizes you are eligible for.

(Note: Only 1 BINGO card allowed per person)

E-mail your completed card from your USFCA e-mail address to Dr. Sarah Camhi by November 1st:

scamhi2@usfca.edu