


FIT-25 BINGO

Take the Fit-25 Bingo challenge! A series of 25 fitness, wellness and mindfulness exercises are listed in the boxes below. Complete five in a row and achieve a bingo. Complete all 25 and achieve a bingo blackout. Share your completed bingo cards with **#LearnToSkateUSA**.



Better your balance	Improve your strength	No ice needed!	Get your heart pumping	One-minute stretches
Balance on tip-toes (30 sec.)	Push-ups (20)	Visualize yourself completing a skating skill (10 times)	Burpees (10)	Runner's lunge stretch (30 sec. both sides)
Yoga Tree Pose (30 sec. both sides)	Lunges (15 both sides)	Set a skating and non-skating goal and write them down	Jump squats (20)	Cat-cow stretches (1 min.)
Spiral pose (30 sec. both sides)	Plank (30 sec.)	Have a meaningful conversation with a friend or relative	Mountain climbers (15 both sides)	Lateral side stretch (30 sec. both sides)
Heel-to-toe walking (30 steps)	Calf raises (20)	Enjoy a healthy snack	Jumping jacks (40)	Figure four stretch (30 sec. both sides)
Yoga warrior pose (30 sec. both sides)	Glute bridge (30 sec.)	Meditate for 3-5 minutes	High knees (30 both sides)	Two yoga poses of your choice (30 sec. ea.)

