

B *GET FIT. HAVE FUN.*
LIVE WELL. **I** **N** **G** **O**

RFWC Bingo

February 13th - April 10th

RFWC Bingo rules: You must complete 20 of the 24 tasks for it to be considered a BINGO. Bring completed card into the RFWC front desk & ask for Jasmine to claim prize once you have BINGO! (Some wellness events have their own individual prizes!)

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Attend a Group Exercise class

Add an extra mile to your workout

Stretch before or after workout

Play a video in the game room

Go on an outdoor adventure trip

Swim during open swim

Donate to Archie's Closet

Check out camping equipment

Attend a wellness program

Play basketball, volleyball, or pickleball

Do a different workout routine

Release stress with yoga

RFWC BINGO

Workout with a friend

Read the "Toilet Talks"

Create one healthy habit this week

Pick up an Eagle Perk & enjoy!

Check out a bike

Join an intramural team

Drink 64oz of water

Play disc golf

Go for a walk outside

Use weights instead of cardio

Walk/run on the track!

Climb in the climbing center