



ACTIVITY BINGO

NAME: _____

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Wall sitting squats
1 min each, 3 reps

Light bicep curls
1 min each, 5 reps

Quad stretch,
20 secs each leg

Stationary jog
at your desk
2 mins

10 Calf raises

Swivel chair
core workout
10 times side to side

10 Seated leg raises

Skip to
another room

10 Lunges each leg

10 Side leg lifts
each leg

Take a 10 min
break to walk

Stand up when
answering a phone call

10 Arm raises

10 Jumping jacks

Hip flexion chair stretch
10 sec each side

30 sec Plank

10 Modified push-ups
on a desk or the wall

10 Chair tricep dips

1 min high knee bends

Walk briskly or jog to
another room

10 Squats

1 min invisible
jump rope

Walk to get yourself and
household members
drink of water

5 Arm circles
in a chair

10 Shoulder shrugs