



# HEALTHY AT HOME BINGO CHALLENGE

50 PUSH-UPS	WALK 1 MILE	REGISTER FOR THE RUN FOR RECOVERY	30-MINUTE YOGA WORKOUT	TURN ON YOUR FAVORITE MUSIC AND DANCE FOR 10 MINUTES
STRETCH FOR 5 MINUTES EVERY MORNING THIS WEEK	DONATE \$15 TO THE RUN FOR RECOVERY	HAVE A "NO JUNK FOOD" DAY	DRINK 32 OZ. OF WATER EVERY DAY THIS WEEK	EAT FRUIT AS YOUR "SOMETHING SWEET" TODAY
HAVE A SODA FREE WEEK	TRY A NEW HEALTHY RECIPE <i>Prove It!</i>	<b>FREE SPACE</b>	PURCHASE A PELOTON RAFFLE TICKET	COMPLETE A 10 MILE FAMILY RELAY
GET 2 OTHER PEOPLE TO REGISTER FOR THE RUN FOR RECOVERY	RUN 2 MILES	FOLLOW @RUNFORRECOVERYCLE ON INSTAGRAM <i>Prove It!</i>	GET 10,000 STEPS IN ONE DAY	COMPLETE A 1-MINUTE PLANK
CLEAN UP A GREEN SPACE AS A FAMILY	20 SQUATS	CALL A FRIEND OR FAMILY MEMBER AND TELL THEM TO HAVE A GREAT DAY	WALK 3 MILES	VISIT A METROPARK OR THE CUYAHOGA VALLEY NATIONAL PARK <i>Prove It!</i>