



Earn a bingo by completing the activity and answer the question associated with the activity. Five challenges in any column, row, or diagonal counts as a bingo. A super bingo is achieved by completing the entire card.

B	I	N	G	O
1 See an animal on your walk	6 Catch a sunrise on your walk	11 Take a walk after dinner	16 Go on a walk for 30 minutes	21 Post your walk on social media and tag @hwcwichita
2 Pause to do other exercises on your walk (jumping jacks, lunges, etc.)	7 Speed walk for 30 minutes	12 Find something peculiar on your walk	17 Walk at a park	22 Walk every day for a week (make time out of your day to walk for at least for 30 min)
3 Walk with a friend	8 Walk to go to your favorite place to eat	13 FREE	18 See a beautiful flower on your walk	23 Pick up trash on your walk
4 Walk on a different path than you normally do	9 Go on a walk for 1 hour	14 Follow/Like us on Facebook, Instagram, and Twitter (Health & Wellness Coalition)	19 Stop to stretch on your walk	24 See art(s) on your walk
5 Catch a sunset on your walk	10 Walk to your favorite place in your neighborhood	15 Take a break on your walk to meditate or simply just to enjoy the moment/place	20 Go on a 1-mile walk	25 Do a good deed on your walk

Enjoy this activity created by the Health & Wellness Coalition Physical Activity committee.