

# FITNESS BINGO

Complete 20/25 squares for a chance to win a \$50 gift card!  
With your submission, include 5 photos of yourself doing  
different activities.

Challenge is May 1-31, 2025.

Send your completed card and photos to [recreation@countyofofking.ca](mailto:recreation@countyofofking.ca)

HIKE A LOCAL TRAIL	15 PUSH UPS FLOOR OR WALL	BE ACTIVE IN THE MORNING	BE ACTIVE WITH A GROUP	TRY SOMETHING NEW
MEDITATE OR BREATHING EXERCISES	FOCUS ON YOUR CORE PLANK, DEAD BUG, ETC	STRETCH FOR 15 MIN	YOGA FOR 20 MIN	BE ACTIVE NEAR WATER OCEAN, LAKE, OR STREAM
BALANCE FOR 15 MIN	DANCE LIKE NO ONE IS WATCHING	FREE ACTIVITY  MUNICIPALITY of the COUNTY of KINGS	GO FOR A WALK	TRY A FITNESS CLASS
DO AN ACTIVITY IN NATURE	DO AN ACTIVITY WITH A PARTNER	TRY A NEW SPORT	BE ACTIVE IN THE AFTERNOON	DO AN ACTIVITY ALONE
BE ACTIVE IN THE EVENING	DO AN ACTIVITY IN A FOREST	BE ACTIVE ON THE HARVEST MOON TRAIL	PLAY WITH OTHERS, AT A PARK, OR AN ACTIVE VIDEO GAME	DO AN ACTIVITY BEFORE BED



For updates, follow us on  
Facebook:  
[Municipality of Kings  
Recreation Services!](#)



MUNICIPALITY of the  
COUNTY of KINGS

Visit our website:  
[www.countyofofking.ca/recreation](http://www.countyofofking.ca/recreation)

