

YOU CAN'T SPELL CHALLENGE WITHOUT CHANGE

NEW YEAR FITNESS BINGO

Weights or Resistance Bands	20 Minutes of Cardio	Squats or Lunges	Walk Around Fountain Park	Push Ups
30 Minute Interval Training	Hydrate with 64 oz of water	20 Minutes of Stretching	Core Workout	15 Minutes Jogging or Cycling
Burpees	Workout Outdoors	FREE	Walk a FIT Trail	Strength Exercises
Cardio Workout	Lunges	Jumping Jacks	Take a Hike	30 Minute Walk
Try a New Fitness Activity	Upper Body Workout	30 Second Plank	Crunches	10 Glute Bridge

Get information and videos on fitness exercise at the [American Council on Exercise](#)

