

# SUMMER RECREATION BINGO

Wakeup w/ an early morning walk	Explore a new beach or park	Escape w/ a book on your fave subject	Climb some stairs on a hike or walk	Watch an outdoor movie
Dig in your garden or planter box	Have a 'picnic' meal outdoors	Relax w/ an outdoor yoga class	Get active w/ a water sport	Attend an outdoor concert or play
Try a new plank exercise variation	Photograph wildflowers, birds or wildlife		Cycle or walk the Rail Trail	Fly a kite or paper airplane
"Kick up" your cardio	Reset w/ a nature break	Walk w/ a friend or family member	Take your dog for a walk	Park walk with bench exercises
Unwind w/ an evening walk	Play an outdoor game or sport	Energize w/ a bootcamp fitness class	"Camp" under the stars	Enjoy an outdoor "Dance party"

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WEEKLY CHALLENGES THIS MONTH**

