



All Together Now

Summer Reading 2023

Summer Reading Fitness Bingo

Complete a BINGO and turn in your card to enter in our fun fitness drawings.

Ride a bike or jog in place

Try a healthy protein bar

Drink 36 oz. of water today

Try a Zumba or yoga class

Find and make a recipe from a healthy cookbook

No junk food today!

Go to an exercise class

Personal Choice

Read about low-impact exercises you can do safely

Eat a healthy meal with a friend

Find some stairs, walk them 3 times

Check out a food magazine from the library



Do 20 minutes of cardio today

Read an article/book about heart health

Challenge yourself to do 3 things on this card in 1 day

Take a walk after dinner

Eat only fruit, veggies, and healthy grains today

Park far away and walk to your destination

No coffee, tea, or soda today

Personal Choice

Turn up the music and dance

Check out a wellness kit from the library

Do 15 minutes of strength training today

Get 8 hours of sleep tonight

Name: _____

Phone: _____