

ADVENTURE — BEGINS AT — YOUR LIBRARY™



SUMMER READING FITNESS BINGO

Complete a **BINGO** and turn in your card to **June 3 - July 26**
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 healthy recipe today
No junk food today	Go to an exercise class	Do 15 minutes of strength training today	Eat a healthy meal with a friend	Take a walk after dinner
Do 20 minutes of cardio today	No coffee, tea, or soda today		Park far away and walk to your destination	Check out a food magazine from the library
Do 15 minutes of strength training today	Find some stairs, walk them 3 times	Get 8 hours of sleep tonight	Check out a Wellness Kit from the library	Track your steps today, set a goal
Read an article/book about health	Take a full day away from social media	Eat only fruits, veggies, and healthy grains today	Turn up the music and dance	Personal Choice



PICKENS COUNTY
LIBRARY SYSTEM

Name: _____ Phone: _____