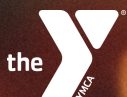


# 12 Days of Fitmas at the Kokomo Family YMCA

# BINGO

GET 10,000 STEPS FOR 7 OUT OF THE 12 DAYS	GO THE WHOLE DAY WITHOUT CHECKING SOCIAL MEDIA	TRY OUR NEW SAUNA AT THE YMCA	TRY A NEW HOLIDAY RECIPE	VISIT THE YMCA 5 OR MORE TIMES IN 12 DAYS
WATCH YOUR FAVORITE CHRISTMAS MOVIE	COMPLETE FOUR VIRTUAL FITNESS CLASSES ON YMCA360	DO PUSHUPS, SITUPS, OR PLANKS DURING COMMERCIALS WHILE WATCHING TV	IMPROVE YOUR BEDTIME ROUTINE: REMOVE DISTRACTIONS OR SCREENS, 30 MINUTES BEFORE BED.	WALK FOR 30 MINUTES OUTSIDE AT LEAST 3 OUT OF THE 12 DAYS
WALK OR RUN TWO MILES ON OUR TRACK (18 LAPS)	GET YOUR BLOOD PRESSURED CHECKED BY COMMUNITY HOWARD IN OUR LOBBY		BRING A FRIEND TO YOUR FAVORITE GROUP CLASS	PAY IT FORWARD: PAY FOR SOMEONE ELSE'S MEAL THIS WEEK
TAKE THE STAIRS EVERYDAY AT WORK THIS WEEK	READ FOR 45 MINUTES THREE DIFFERENT TIMES THIS WEEK.	HOLD A ONE MINUTE PLANK EVERY OTHER DAY FOR 12 DAYS	TAKE A DANCE FITNESS CLASS AT THE YMCA (ONLINE OR IN-PERSON)	HAVE A GAME NIGHT WITH FAMILY OR FRIENDS
EXERCISE FOR AT LEAST 30 MINUTES, 5 DAYS THIS WEEK	DOWNLOAD THE NEW YMCA APP	50 LUNGES OR SQUATS DURING THE DAY FOR 4 OUT OF THE 12 DAYS	WEAR AN UGLY CHRISTMAS SWEATER	ATTEND TWO AQUATICS GROUP FITNESS CLASSES IN THE 12 DAYS

This card is for week 2: December 15-26th



Limit 5 BINGOs per card. Please put your name and contact info on the back of this sheet before you turn it in to the Membership Desk.