

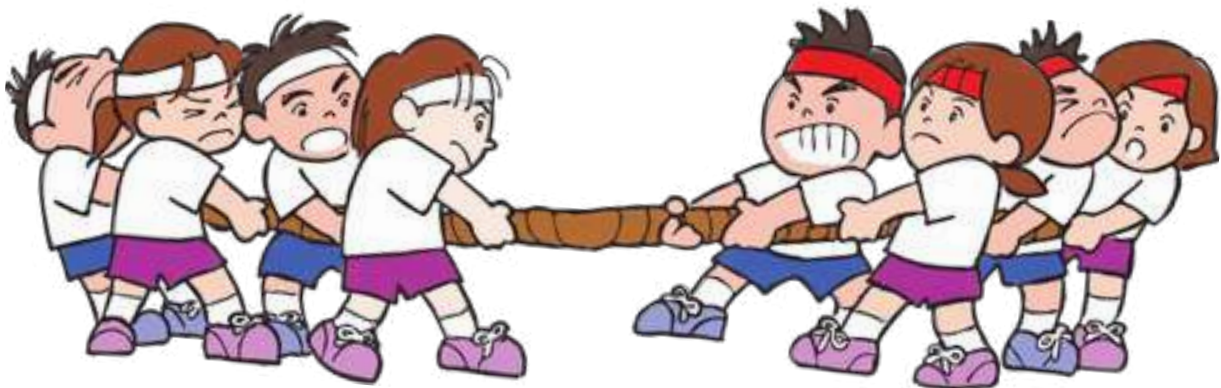


# NATURE LOVERS

## Outside Exercise Bingo

You will find an exercise bingo card attached that shows many ways of getting yourself moving.

Try out some of the ways of exercising with your family.  
Can you get a BINGO?



B

I

N

G

O



running



rowing



tumbling



badmitten



basketball



biking



walking



golfing



jump rope



volleyball



soccer



roller skate



FREE  
SPOT



swinging



tennis



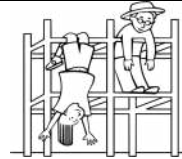
sailing



skateboard



hiking



climbing



wrestling



stretching



baseball



frisbee



dancing



swimming