

Healthy Body Bingo



<p>Shoot Hops until you get 5 scores!</p> 	<p>5 minutes nonstop jumping on the trampoline</p> 	<p>Spell your name workout</p> 
<p>Do a YouTube Workout- Write it down and share!</p> 	<p>15 minutes of Yoga</p> 	<p>5-minute Run or 10-minute walk!</p> 
<p>Spell your fav colour workout</p> 	<p>Your Age divided by 2 = how many seconds you have to hold a plank!</p> 	<p>Shoot hoops until you get the number of letters in your name!</p> 