

Movement Snack Wellness Bingo

10 frog jumps	Walk 1 mile	5 tricep circles	12 lemon squeezers	20 Russian twists 
10 squat jumps	8 burpees	14 jumping lunges	20 mountain climbers	25 jumping jacks
20 jumping lunges	22 mountain climbers	15 push-ups 	Walk 1 mile	8 V-ups
20 Russian twists	8 tricep circles	15 squat jumps	10 frog jumps	Walk 2 miles 
20 skaters	100 jumping jacks 	10 burpees	30 high knees	15 push-ups

Visit winterstreak.org for resources and tools to support many of the activities listed above.