

CHFC WELLNESS BINGO

Join us all April long for this challenge that gets you active, helps you try something new and is just, plain FUN! Show your completed bingo at the Member Service desk, and be entered to win some Carle swag.

A bingo may be horizontal or vertical (no diagonal), You can earn up to 5 bingos (5 chances to win) but can't use the same square twice. Your Wellness, Anywhere Members, contact your coach if you need a substitution (for a space that requires you to be in the Center). The winner will be announced in early May.

THIS CARD BELONGS TO: _____

SCHEDULE A REASSESSMENT WITH YOUR COACH	DRINK 32 OZ. OF WATER BEFORE 12 PM	WALK/RUN A LAP AROUND THE TRACK	TRY A GROUP FITNESS CLASS YOU'VE NEVER TAKEN BEFORE	ADD 15 MINUTES OF STRETCHING TO YOUR WORKOUT
GO UP AND DOWN THE STAIRS 5 TIMES IN A ROW	ATTEND A HIIT CLASS	REFER A FRIEND TO JOIN CARLE HEALTH & FITNESS CENTER	CHECK OUT THE NUTRITION TIP OF THE WEEK ON THE MYWELLNESS APP	FILL OUT A SHOUT OUT TO YOUR FAVORITE STAFF MEMBER
ASK A FITNESS TEAM MEMBER HOW TO USE A NEW MACHINE	ADD A BALANCE MOVE TO YOUR WORKOUT	FREE SPACE	ATTEND A TPC CLASS	USE YOUR MYWELLNESS APP TO TRACK AN OUTDOOR WORKOUT
GET 8 HOURS OF SLEEP	BRING A FRIEND TO THE CENTER	CHECK OUT THE JOKE OF THE DAY IN ABC	SHARE A POST WORKOUT ON SOCIAL MEDIA, AND TAG @CARLEHEALTHFITNESS	SCHEDULE A DIETITIAN SESSION*
GET A MASSAGE FROM ONE OF THE CHFC MASSAGE THERAPISTS*	ATTEND A VIRTUAL GROUP FITNESS CLASS	TAKE A YOGA CLASS FOR YOUR MENTAL HEALTH	WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR	COMPLETE THE WORKOUT OF THE DAY (VIA MYWELLNESS APP)

*REQUIRES PURCHASE

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