



KR WELLBEING BINGO

#KRWellbingo



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| EARLY BIRD - EXERCISE (20 MINS) BEFORE 8AM | ONE INDOOR EXERCISE AND ONE OUTDOOR EXERCISE IN THE SAME DAY (20 MINS EACH) | COMPLETE A WORKOUT (30 MINS) WITH AT LEAST 3 OTHER PEOPLE VIRTUALLY | 5 IN A ROW - 5 DAY EXERCISE STREAK | COMPLETE 15,000 STEPS IN ONE DAY |
| IMPROVE YOUR TIME COMPLETING THE SAME ROUTE RUNNING/WALKING 3 TIMES | TRY A NEW EXERCISE FOR 30 MINS AND SHARE THE IDEA | DO 5 HILL REPEATS (WALK OR RUN) ON STEEPEST HILL CLOSEST TO YOU (OR THE STAIRS?) | HOW LONG CAN YOU PLANK? SHARE A SELFIE AND YOUR TIME | COMPLETE JOE WICKS ABSOLUTE BEGINNERS HIIT WORKOUT |
| HOW LONG CAN YOU WALL SIT? SHARE A SELFIE AND YOUR TIME | A 30 MIN RUN (IF YOU DON'T RUN, ALTERNATE 1 MIN WALK, 1 MIN RUN) | DO "PE WITH JOE WICKS" | COMPLETE AN ONLINE YOGA/PILATES CLASS | COMPLETE 2 DAYS WITHOUT CHECKING YOUR WORK EMAILS OUTSIDE CORE HOURS |
| COMPLETE A 1 HOUR WALK | SPEND AN EVENING WITHOUT USING YOUR MOBILE PHONE | SPEND AN EVENING PLAYING A BOARD GAME | NIGHT OWL - EXERCISE (20 MINS) AFTER 8PM | ENJOY A BEVERAGE OF YOUR CHOICE IN THE SUNSHINE & TAKE A SELFIE |
| WALK/RUN IN YOUR GARDEN/HOME FOR 1KM | TAKE A MID EXERCISE SELFIE | COMPLETE 10,000 STEPS IN ONE DAY | COMPLETE AN EXERCISE IN KR COLOURS | GO FOR A WALK WEARING A HAT AND TAKE A SELFIE |