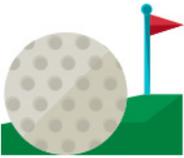


NB3FIT Week

FITNESS BINGO

Ride Bike 	Go for a run 	Eat two fruits and two veggies 	Do Yoga 	Play Basketball 
Play Soccer 	Dance 	Go for a family walk 	Do 20 Burpees 	Jump Rope 
10 minute Stairs 	Go for a hike 	FREE	Play Volleyball 	Do Martial Arts 
Golf 	Roller Skate Skate board 	Do online workout 	Drink ONLY water all day 	Play Tennis 
Play Football 	Play Tag 	Lift Weights 	Yard Work 	NB3FIT XC Virtual Race 