

Sports Bingo

**Go for
a run**

**Drink
1 liter of
water**

**Join one
of Katjas
active
breaks**

**Do 20
crunches**

**Join one
of Kiana's
sport
sessions**

**Join one
of Rafa's
dance
classes**

**Do 10
pushups**

**Ride
a bike**

**Make
some
stretching
movements**

