



BINGO!

Name: _____ Walk Kansas Team Name: _____

Directions: Complete the BINGO card by performing the activities in a row of five squares that are across, down, or diagonal. For each activity, answer the questions in the square and fill in the date. Once you reach a BINGO, email it to **Chelsea Richmond** at crichmon@ksu.edu or drop it off at one of the Frontier Extension District Office's in Garnett, Lyndon, or Ottawa. Completed cards need to be submitted by **May 6th** in order to be eligible for Walk Kansas prizes.

<p>Walk a new trail.</p> <p>Name of Trail: _____</p> <p>Date: _____</p>	<p>Use a food thermometer to make sure meat is cooked to a safe temperature.</p> <p>Date: _____</p>	<p>Take the stairs instead of the elevator.</p> <p>Date: _____</p>	<p>Be someone's workout partner.</p> <p>Date: _____</p>	<p>Try a new healthy recipe.</p> <p>Name of Recipe: _____</p> <p>Date: _____</p>
<p>Visit a Farmers Market.</p> <p>Location of Market: _____</p> <p>Date: _____</p>	<p>Try a new healthy food.</p> <p>What did you try? _____</p> <p>Date: _____</p>	<p>Be intentional about moving more and sitting less throughout the day.</p> <p>Date: _____</p>	<p>Take a 10-minute walk on your lunch or coffee break.</p> <p>Date: _____</p>	<p>Park at the furthest parking spot and walk into the store, work, etc.</p> <p>Date: _____</p>
<p>Try a new fruit.</p> <p>What did you try? _____</p> <p>Date: _____</p>	<p>Choose to drink water with every meal today.</p> <p>Date: _____</p>	<p>Have fun exercising and participating in Walk Kansas!</p> <p>Date: _____</p>	<p>Complete a Frontier District Scavenger Hunt.</p> <p>Date: _____</p>	<p>Do muscle strengthening exercises for at least two days in one week.</p> <p>Date: _____</p>
<p>Try one of the recipes from a Walk Kansas newsletters.</p> <p>Name of Recipe: _____</p> <p>Date: _____</p>	<p>Try a new form of exercise</p> <p>What did you try? _____</p> <p>Date: _____</p>	<p>Send a picture of you and/or your team in your Walk Kansas t-shirt(s) to crichmon@ksu.edu</p> <p>Date: _____</p>	<p>Repeat one of the other squares.</p> <p>Square Repeated: _____</p> <p>Date: _____</p>	<p>Try a new vegetable.</p> <p>What did you try? _____</p> <p>Date: _____</p>
<p>Practice one activity that helps you relieve stress this week.</p> <p>Date: _____</p>	<p>Try a new healthy snack today.</p> <p>What did you try? _____</p> <p>Date: _____</p>	<p>Make half of your grains whole grains at least one day.</p> <p>Date: _____</p>	<p>Practice an activity to increase your balance this week (ex. Yoga or Tai Chi).</p> <p>Date: _____</p>	<p>Email a success story about Walk Kansas to crichmon@ksu.edu</p> <p>Date: _____</p>