



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 mail it to the Frontier District Office in Garnett at PO Box 423, Garnett, KS 66032. Completed cards need to be submitted by **May 4th** in order to be eligible for Walk Kansas prizes.

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