

2020 Lawton Health Bingo Challenge



- **There are 4 bingo cards to choose from: Kids, Teen/Adult, Walking, Move It-Move It.**
- **You can complete multiple cards, multiple times. Just complete five boxes in a row (horizontally, vertically, or diagonally).**
- **Pick up & return bingo cards at the main library, branch library, H.C. King Center, Owens Center, or Patterson Center.**
- **Submit your card(s) between March 1 and April 15 for your chance to win a Fitbit Inspire.**
- **You can modify activities as appropriate. Always consult your physician before beginning any exercise program.**
- **The Bingo Challenge is on the honor system. Cheating will invoke bad karma, which may include weight gain, moodiness, and guilt.**
- **Go to lawtonok.gov/departments/library/events-classes/health-literacy for more tips, links, and ideas.**
- **Questions? Contact the library at 580.581.3450.**

Make sure to checkout the StoryWalk® at Elmer Thomas Park in April 2020.

These health literacy projects are supported by the Oklahoma Dept of Libraries with federal funds under the Library Services & Technology Act (LSTA) & the Institute of Museum & Library Services.



MOVE IT-MOVE IT! CHALLENGE



Take a walk in at least 3 City parks	Do 20 pushups and sit ups each day for 7 days	Listen to a book while working out	Play a team sports game	Participate in a TV, video, or YouTube exercise
Complete a 5k walk/run	Do a cardio activity of your choice for 30 minutes	Attend a class or walk laps at the Owens, Patterson or H.C. King Center	Get 10,000 steps a day for 3 days in a row	Do 5 sets or 10 push ups and sit ups in 1 day (50 of each)
Take a 30-minute walk or jog Bonus: repeat 4 times each week	Do a full body workout for 20 minutes Tip: use everyday objects as weights	Take a power nap	Do 5 sets of 10 jumping jacks in 1 day (50 total)	Take a walk with a friend or family member
Do 10 burpees in 1 day	Take an exercise class once a week for a month Tip: check the City's Rec Dept schedule	Practice deep breathing twice a day for 5 days	Take a 60-minute walk	Meditate 20 minutes each day for 1 week
Dance to your favorite music for 20 minutes Bonus: find music on Hoopla from library	Treat yourself & Eat a Piece of Dark Chocolate Bonus: read a book for pleasure	Try a new exercise	Stretch every morning & evening for 5 minutes for 1 week	Complete the Story Walk at Elmer Thomas Park Bonus: fill out the survey & turn in at the library

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Did this challenge you to make healthier choices? Yes No
 Did you increase your healthy habits with this activity? Yes No

Complete this bingo card by April 15, 2020 & turn in at either library location for your chance to win prizes!

Name: _____

Phone Number: _____

Co-Sponsored by the Parks & Recreation Department