

NATIONAL
GET FIT
 DON'T SIT DAY™
GET UP & MOVE!

Get Fit Don't Sit BINGO

National Get Fit Don't Sit Day™ seeks to increase awareness of the importance of getting up and moving throughout the day – especially for those with sedentary jobs. At Kent State, we value the health of our employees and seek to empower you by providing opportunities and the resources you need to get moving. Join us as we get up and move during the week of May 3 with Get Fit Don't Sit BINGO. Click on the underlined words for additional resources!

Do 50 <u>crunches</u> (break them up into sets if needed)	Take a 30-minute <u>walk</u>	Do 5+ <u>stretches</u> or exercises at your <u>desk</u>	Mow the lawn	<u>Build your own</u> exercise routine
Go on a 1+ mile jog/<u>run</u>	Use 3 <u>household items</u> or furniture in a workout	Complete a workout using an <u>App</u> or <u>YouTube</u>	<u>Play</u> actively with your kid(s)	Take 10,000 steps in one day
KSU's Virtual <u>Total Body Toning</u> on Monday	KSU's Virtual <u>Total Body Toning</u> on Wed.	KSU's Virtual <u>Cardio Kickboxing</u> on Friday	Enter the GFSD Contest on <u>Facebook</u>	Host a socially distant <u>poker walk</u>
Complete a home <u>strength training</u> session	Warm up or cool down with <u>meditation</u>	Do 30+ minutes of active household chores	Take a 20-minute <u>walk</u>	Participate in a <u>virtual yoga</u> session
Do 30+ minutes of <u>yard work</u>	Go on a bike ride	Go on a walk with a <u>pet</u>	Complete a <u>recorded SRWC</u> workout	Turn a meeting into a <u>walking one</u> (<u>tips for virtual</u>)

Check the checkbox of each activity you complete. Please maintain sound social distancing if any activities include additional participants. Achieve BINGO by checking off 5 squares in a row in any direction. Employees who achieve BINGO two or more times on their board during the week of May 3 are eligible for a T-SHIRT! Fill out the contact information below, then email your board to wellness@kent.edu. Boards are due by **Monday, May 10 at 5:00 p.m.**

Name: _____ Shirt size _____ KSU Email: _____@kent.edu