



YMCA FITGO



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Each FITGO (AKA Bingo!) earns you an entry into the challenge prize drawing (5 maximum)!

Questions about any of the squares? Chat with a Wellness Coach!

F	I	T	G	O
Do an interval workout (Try the Sprint8 program!)	Drink at least 64oz of water a day for 3 days	Schedule a Get Started or Fit Check at the Welcome Center	Do a random act of kindness	Find your Bio Age in our YMCA app
Get 6-8 hours of sleep per night for 3 nights	Attend a FITGO Zoom seminar (link & dates on the back)	Take a 10 minute walk outside	Try a low impact class like Yoga	Follow us on Facebook
Row 500 meters on a rowing machine	Take 3 YMCA group fitness classes	FREE	Update your contact info at the Welcome Center	Eat 3 servings of veggies a day for 3 days
Tag us in a workout photo on Facebook	Spend 10 minutes stretching	Do 30 minutes of cardio for 3 days	Track your food intake for 3 days	Bring a friend to the Y
Do 3 different strength training exercises for 2 days	Set a workout goal in the YMCA app	Take an aqua fitness class OR swim laps	Meet 3 new people at your YMCA	Do 30 minutes of strength training for 3 days

Members! Play YMCA FITGO (AKA Bingo!) January 9 - February 19, 2022. For each bingo you complete, you'll receive an entry into the prize drawing (5 bingos maximum).

1. Register online or at the Welcome Center and pick up your card.
2. Play FITGO by completing challenges in the squares to make bingos!
3. Complete 5 in a row for a bingo (vertical, horizontal or diagonal) and drop your card at the Welcome Center to be entered into the prize drawing. Completed card must be turned in by the end of the day on Wednesday, February 23.

>>>Join us at one (or all!) of our virtual healthy living seminars, held on Zoom (all seminars use the same link):

<https://us02web.zoom.us/j/83876723290>

All seminars: 6:30-7:30 pm

January 19 • February 2 • February 16

Name: _____

Phone Number: _____

Email Address: _____

Number of bingos completed: _____

