## FITNESS BINGO Stay at Home Challenge
New Mexico Senior Olympics, Inc.

<table>
<thead>
<tr>
<th>Name</th>
<th>Month</th>
<th>County</th>
<th>Gender</th>
<th>Age</th>
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### Bingo Cards

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<tr>
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<th>B</th>
<th>I</th>
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<th>G</th>
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<tbody>
<tr>
<td></td>
<td>Google a Senior Olympic Sport</td>
<td>Walk/Run for 30 minutes in your neighborhood</td>
<td>Call a Friend or Neighbor on the phone</td>
<td>Follow or Like NMSO on FB or Twitter</td>
<td>Visit NMSO website for State Game Records</td>
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<tr>
<td></td>
<td>Stretch for 30 minutes</td>
<td>Call your local media and thank them for providing local news</td>
<td>Take your Heart Rate before and after workout</td>
<td>Watch a Sports Competition on TV</td>
<td>Make a poster of healthy snacks to fuel a Senior Athlete's Body</td>
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<tr>
<td></td>
<td>Email, call or text NMSO with a Game Rule change</td>
<td>Play FREEZE with your sport workout</td>
<td>Share a Game Picture of yourself on the NMSO FB</td>
<td>Write a Journal Entry with the topic &quot;Why I Compete&quot;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>NAME 5 Sports that are offered in Senior Games</td>
<td>Watch Virtual Sport online</td>
<td>Create an obstacle course</td>
<td>Read Senior Olympics Sport Rule for one sport</td>
<td></td>
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<tr>
<td></td>
<td>Do 15 minutes of online research about National Senior Games</td>
<td>Teach someone one favorite conditioning workout</td>
<td>Spend 10 Minutes on Self Meditation</td>
<td>Read a SPORT Story</td>
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<td>ADD Cool down stretches after your workout</td>
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</tbody>
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FITNESS BINGO Stay at Home Challenge  
New Mexico Senior Olympics, Inc.

You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for $100 Gift Card. Consult a physician before starting any physical fitness exercise.

**BINGO Monthly Challenge Instructions**

BINGO Activity is four months, August – November 2020  
Two ways to play -  
Complete 5 squares in a row to win BINGO – multiple wins are allowed for the month, try to do as many as you can  
To score, each bingo is worth 15 points.

**OR** complete a FULL CARD – all 25 squares in 30 days – to win a FREE Summer Games Registration for 2021! *One winner per household/limit of first 5 received full card winners per month

Verification – all squares must be logged and dated on the backside of the card to be valid

**HOW to get Started and Report RESULTS**

❖ Sign up and agree to the Liability Waiver at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)  
❖ Participate and log your scores or times for one full month  
❖ Each month submit challenge results virtually at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)  
❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.  
❖ Results must include name, sport, gender, age, county, month, times and/or scores  
❖ All challenges are based on the honor system  
❖ Check NMSO website monthly for results and Gift Card Winner Announcement  
❖ Repeat the following month

**Remember have fun, be safe, stay hydrated, and wear proper attire!**