

FITNESS BINGO Stay at Home Challenge

New Mexico Senior Olympics, Inc.

Name _____ Month _____

County _____ Gender _____ Age _____

B	I	N	G	O
Google a Senior Olympic Sport	Walk/Run for 30 minutes in your neighborhood	Call a Friend or Neighbor on the phone	Follow or Like NMSO on FB or Twitter	Visit NMSO website for State Game Records
Stretch for 30 minutes	Call your local media and thank them for providing local news	Take your Heart Rate before and after workout	Watch a Sports Competition on TV	Make a poster of healthy snacks to fuel a Senior Athlete's Body
Email, call or text NMSO with a Game Rule change	Play FREEZE with your sport workout	F R E E	Share a Game Picture of yourself on the NMSO FB	Write a Journal Entry with the topic "Why I Compete"
NAME 5 Sports that are offered in Senior Games	Watch Virtual Sport online	Create an obstacle course	Read Senior Olympics Sport Rule for one sport	10 jumping jacks; 10 crunches, 10 leg lifts X 3
Do 15 minutes of online research about National Senior Games	Teach someone one favorite conditioning workout	Spend 10 Minutes on Self Meditation	Read a SPORT Story	ADD Cool down stretches after your workout





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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
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually at 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!