

STAY AT HOME CHALLENGE Season 2

New Mexico Senior Olympics, Inc.

Fitness Bingo Activity Card



Name _____ Month _____

County _____ Gender _____ Age _____

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

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Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

BINGO Challenge Instructions

Bingo Activity runs monthly May, June, and July 2021

Two ways to play -

- A. FILL A ROW: Complete activity in each of five squares to cover a row (any direction) 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.
- B. FULL CARD: Complete activities to fill all 25 squares on one card in 30 days to win a FREE Summer Games Registration for 2022! Limit of one winner per household. Limit of Five (5) full card winners per month

To submit results - document activity for squares. Activity documentation to verify completion is very simple – write down each completed activity (per square) on a separate piece of paper and submit as your result for the month.

HOW to get Started and Report RESULTS

- Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- Participate and log your ACTIVITY for one full month
- Each month submit challenge results virtually via our website 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
*Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

Your good health is your greatest wealth. Be safe in everything you do!

