

# Wellness

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Run 1 km 	Partake in outdoor yoga 	Walk around a lake or pond 	Enjoy a sunset on a park bench 	Meditate 
Do 20 push ups and 20 sit ups	Go for a forest walk	Run 2 kms	Play a sport	Go for an ocean stroll
Workout at a park	Go for a bike ride	FREE	Do 100 jumping jacks	Read a book
Build a fort or sandcastle on a beach	Walk your pet	Listen to an audiobook	Do a random act of kindness	Participate in a form of gardening
Listen to a podcast in nature	Do 20 squats and 20 lunges	Participate in an online workout	Bake a healthy snack	Call someone you haven't spoken to lately

**Keep active and stay well while social isolating!**

Complete two rows of our WELLNESS BINGO and then email your name and contact information to [parksandrecreation@nanaimo.ca](mailto:parksandrecreation@nanaimo.ca) to be entered to win a prize!

[recreation.nanaimo.ca](http://recreation.nanaimo.ca)  
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