

April Wellness

B	I	N	G	O
Run 2 kms 	Try an online Pilates class 	Start your own podcast 	Explore a new place 	Do 20 squat jumps 
Do 30 push ups and 30 sit ups	Go for a forest walk	Learn the lyrics to your favourite song	Shoot some hoops in your yard	Plant a tree
Workout at the beach	Go for a bike ride	FREE	Do 200 jumping jacks	Watch the entire Star Wars series
Build a fort in the forest	Take your pet for a run	Mow your lawn	Do a random act of kindness	Get up and stretch
Perfect a new recipe	Paint a landscape picture	Call somebody you have not spoken to in awhile	Take a photo of your city and tag <small>#harbourcityphotochallenge</small>	Try a YouTube Fitness Class

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 to be entered to win a prize!

recreation.nanaimo.ca
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