

# April 15 Wellness

**B**

Search for a new podcast



**I**

Hold a plank for 20 seconds  
(maybe try again)



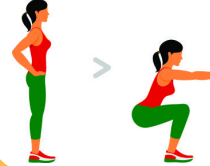
**N**

Go through some old magazines



**G**

Do 30 squats



**O**

Stand outside or open a window and just BREATHE

Skip for 30 seconds - with or without a rope  
(maybe try again)

Watch "Our Planet" on Netflix

Do 30 push ups (floor or wall)

Learn to yodel

Take an early walk to watch the sunrise

Try a new recipe using Tofu

Do an online yoga class in your PJs  
(because you can)

FREE

Facetime a friend

Journal

Start making Christmas cards

Walk/run up and down your stairs 5 times

Make a bird feeder

Balance on one leg for 30 seconds  
(try closing your eyes & repeat)

Wash out your cutlery drawer

Do walking lunges down your hallway

Visit your library online and take out an audio or E-book

Draw a portrait of someone you admire

Research the birds you might see in your yard

Drink 5-8 cups of water/day for 3 days

**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)  
**250-756-5200**

