

# FITNESS BINGO

COMPLETE THE EXERCISES AND SUBMIT COMPLETED BINGO TO [WFHT.TN@TN.GOV](mailto:WFHT.TN@TN.GOV).

<input type="checkbox"/> <b>QUAD STRETCH</b> ( 30 SECONDS)   	<input type="checkbox"/> <b>ARM CIRCLES</b> ( 20) 	<input type="checkbox"/> <b>MARCH IN PLACE</b> ( 30 SECONDS) 	<input type="checkbox"/> <b>BE CREATIVE!</b> 
<input type="checkbox"/> <b>SQUATS</b> ( 20) 	<input type="checkbox"/> <b>GLUTE BRIDGES</b> ( 20) 	<input type="checkbox"/> <b>WALL SIT</b> ( 30 SECONDS) 	<input type="checkbox"/> <b>HAMSTRING STRETCH</b> ( 30 SECONDS) 
<input type="checkbox"/> <b>FORWARD LUNGES</b> ( 20) 	<input type="checkbox"/> <b>SIDE PLANK</b> ( 30 SECONDS) 	<input type="checkbox"/> <b>JUMPING JACKS</b> ( 30 SECONDS) 	<input type="checkbox"/> <b>PLANK</b> ( 30 SECONDS) 
<input type="checkbox"/> <b>SIDE LUNGES</b> ( 10 EACH SIDE) 	<input type="checkbox"/> <b>SIT UPS</b> ( 20) 	<input type="checkbox"/> <b>BE CREATIVE!</b> 	<input type="checkbox"/> <b>PUSH UPS/WALL PUSH UPS</b> ( 20) 

Click [HERE](#) for detailed exercise descriptions with photos to help ensure proper form.

*\*Please consult with your doctor before starting an exercise program.\**