

AUGUST

bingo

Choose active transportation 	Drop In Fitness Class 	Run, walk or roll for 30 minutes 	Set a fitness goal 	Try disc golf 
Do 30 minutes of cardio 	Play a sport 	Swim at the pool or outside 	Drop In Fitness Class 	Get 7 - 9 hours of sleep 
Practice positive thinking 	Eat a serving of vegetables 	Wear sun protection 	Swim at the pool or outside 	Drop In Fitness Class 
Drop In Fitness Class 	Run, walk or roll for 30 minutes 	Spend 30 minutes in nature 	Give someone a compliment 	Reduce your screen time by 30 minutes 
Care for a plant 	Cook a healthy meal from scratch 	Drop In Fitness Class 	Swim at the pool or outside 	Do 30 minutes of strength training 

Complete the entire card in the month of August and be entered to win 10 free passes!

To be entered:

- You must have the Drop In Fitness Classes stamped by a fitness instructor.
- You must share a photo of you doing one of the activities, either on social media and tagged #AugBingoPRC or emailed to ccreerpowellriver.ca
- You must complete all activities on the card and submit the completed card to the Recreation Complex on or before August 31, 2022.