

KINections presents:

Health and Wellness Bingo Card

<u>ATTEND AN ONLINE CARDIO DANCE PARTY</u> Date: _____	TRY SOMETHING YOU'VE NEVER DONE BEFORE Date: _____	<u>ATTEND A FITNESS CLASS TAUGHT BY A KPE STUDENT</u> Date: _____	LEARN TO COOK SOMETHING NEW Date: _____	<u>ATTEND A YOGA FITNESS CLASS</u> Date: _____
<u>SUBMIT A 2020 ACT OF (KIN)DNESS</u> Date: _____	<u>ATTEND A ZUMBA FITNESS CLASS</u> Date: _____	<u>FOLLOW A MOVEU ANYWHERE FITNESS VIDEO</u> Date: _____	PERSONALIZE YOUR FACE MASK Date: _____	JOIN A CLUB Date: _____
SHOW OFF YOUR KPE OR UOFT MERCH Date: _____	SPEND TIME ON SOMETHING CREATIVE Date: _____	<i>Free</i>	<u>ATTEND A MINDFUL MOMENTS FITNESS CLASS</u> Date: _____	GO FOR A WALK/BIKE RIDE IN YOUR NEIGHBOUR- HOOD Date: _____
JOIN THE KINECTIONS RUN CLUB Date: _____	<u>ATTEND A BIG HIIT FITNESS CLASS</u> Date: _____	GO ON A NATURE WALK Date: _____	<u>ATTEND AN EVENT RUN BY KINECTIONS</u> Date: _____	SPEND TIME WITH FRIENDS/FAMILY (IN-PERSON OR VIRTUALLY) Date: _____
SET AND WORK TOWARDS A WELLNESS GOAL Date: _____	MAKE A SNACK FOR A FRIEND OR FAMILY Date: _____	<u>ATTEND A FLEXIBILITY FUSION FITNESS CLASS</u> Date: _____	FIND AND LISTEN TO A NEW PODCAST Date: _____	<u>SUBMIT A RECIPE TO KINECTIONS@ UTORONTO.CA</u> Date: _____

KINections invites all KPE students to participate in the Bingo Card challenge!

Participate in an activity and enter the date of completion in the corresponding space. When you get a line or fill the card, send your card to kinections@utoronto.ca to be entered in a prize draw.

Good luck!