



B I N G O

DO 20 BURPEES .5 MILE	TAKE A 1 MILE NEIGHBORHOOD WALK 1 MILE	PRACTICE 30 MINUTES OF YOGA 1.5 MILES	DO A PLANK FOR 1 MINUTE .5 MILES	TAKE A 5-MILE BIKE RIDE 5 MILES
DO 30 MINUTES OF YARD WORK 1.5 MILE	ALTERNATE SIT-UPS AND PUSH-UPS FOR 20 MINUTES 2 MILES	TAKE A 3-MILE WALK IN YOUR NEIGHBORHOOD 3 MILES	DO 50 JUMPING JACKS .5 MILE	GO FOR A 2-MILE RUN ON THE D&L 2 MILES
FIND A NEW TRAIL TO HIKE/RUN/BIKE	PLANT A VEGETABLE IN YOUR GARDEN	PRACTICE SOCIAL DISTANCING	TELL A FRIEND OR COLLEAGUE ABOUT GYTOT	PREPARE A MEAL WITH LOCAL PRODUCE
VIGOROUS STAIR CLIMBING FOR 15 MINUTES 2 MILES	TAKE A 4-MILE BIKE RIDE 4 MILES	DO HIGH-INTENSITY AEROBICS FOR 22 MINUTES 2 MILES	DO 1 HOUR OF YARD WORK 3 MILES	TAKE A 3 MILE HIKE 3 MILES
GO ON A 4-MILE RUN 4 MILES	MODERATE WEIGHT LIFTING FOR 23 MINUTES 2 MILES	DO STEP AEROBICS FOR 26 MINUTES 2 MILES	SKIP ROPE (MODERATE PACE) FOR 12 MINUTES 1 MILE	TAKE A 10-MILE BIKE RIDE 10 MILES



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St Luke's
UNIVERSITY HEALTH NETWORK