

Name: \_\_\_\_\_

## Stay **fit** and play **BINGO!**

Blackout your Fitness Bingo card and get entered into an opportunity drawing to win one of 20 CHF Workout Towels. Cards go into a raffle, One stamp per day.

Drawing is August 8.

				
Take the stairs	Stretch for 10 minutes	Walk on the treadmill or ride a bike for 10 minutes	Work on your balance for 10 minutes	Write down your goals for July
Tell us what you love about CHF on a comment card	Check your blood pressure at CHF	Take a Group Exercise class	Swipe in 10 times this month	Take a Zumba or Dance Fitness class
Eat a healthy snack	Take a mat Pilates or simply stretch class	Take a yoga or Go-With-The-Flow Stretch	Take a strength training class	Take a Mindfulness class
Complete 30 minutes of cardio	Try something new: machine, class or service	Bring a guest to CHF. Check in at the front desk.	Increase your reps by 2 on your training exercises for 1 workout session.	Increase your cardio workout by 5 minutes
Plank for 30 seconds	Do ten sit ups	Take a Group Exercise class	Try something new: machine, class or service	Take the stairs instead of the elevator or march in place for 5 min.