

COUNTDOWN TO SUMMER CHALLENGE

May 1 - June 18, 2023



Member Name: _____ Date: _____

B I N G O

Try a new group exercise class (in person or on Virtual Y).	Try a Virtual YMCA class (virtually.ymcade.org).	Write a thank you note to someone who deserves it.	Pair up with another member and go for a walk outside.	Stop by the front desk and meet the staff. Tell them one interesting fact about yourself.
Ask a trainer to show you ways to strengthen your core.	Sign up for a fitness coaching session.	Do 10 push-ups (or more) every day for one-week. Modify as needed.	Give lap swimming a try or try a water fitness class.	Challenge someone to a squat contest - see how many you can do in 1 minute.
Ask a trainer for tips on how to strengthen your legs.	Try a new recipe and post it on the YMCA of Delaware member Facebook group.	FREE	Do 30 squats (or more) every day for one-week.	Bring a guest with you to the Y.
Meditate for 10 minutes each day for one-week.	Share a photo of you being healthy on social media and use #ymcade.	Tell a joke to a YMCA staff member.	Make or try a green smoothie.	Make an appointment for a physical (or something you have been putting off)
Tell a fitness instructor what you like best about their class.	Hold a plank for as long as you can. Tomorrow, add 5 seconds. Modify as needed.	Go for a walk or bike ride with a friend or family member.	Put your phone away and have a day to connect with your family.	See how many rounds you can complete: 15 squats, 15 push-ups and 15 crunches. Modify as needed.