

# Get Active Business Bingo

Jack Frost Challenge February 7-13, 2021

Name: \_\_\_\_\_ Email Address or Phone Number: \_\_\_\_\_

## How it Works:

- Walking, run, bike, ski, or drive to the various business locations listed below.
- Upon arrival at each business, complete the listed activity in the Bingo chart **OUTSIDE** the business.
- Cross off the squares as you complete them. You can choose to complete:
  1. Outer Square (Green Boxes) = 3 entries
  2. Inner Square (Blue Boxes) = 3 entries
  3. The Entire Card (all Boxes) = 10 entries
- Once you are complete, submit your card to [recreation@lacdubonnet.com](mailto:recreation@lacdubonnet.com) to be entered into a draw! You can also receive additional entries by taking a selfie or video of you doing the activity in front of the business and tag us at [#myldb](https://www.instagram.com/myldb) to be given an extra entry into the draw! One additional entry per post.
- Winner announced **February 15, 2021**. Please submit your completed BINGO card no later than February 14, 2021.

**Please read disclaimer & safety considerations on next page!**

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>Town Dock</b> 5 laps around the outdoor rink	<b>Lakeside Park</b> 5 Burpees	<b>Memorial Park</b> 15 Jumping Jacks	<b>Leslie Park</b> 30 second Plank	<b>Lac du Bonnet Arena</b> 2-minute Dance Party
<b>Campbell's Foods</b> 30 Bicep Curls	<b>M.S.G. Foods</b> 20 Alternating Side Lunges	<b>Drifter's Inn</b> 20 arm circles	<b>Woody's Petro Canada</b> 10 Skaters	<b>Gran's Bake Shop</b> 15 High Knees
<b>Subway</b> Single Leg Balance (30 sec each leg)	<b>Riverdale Grocery</b> 15 Squats	<b>FREE SPACE</b>	<b>Powerhouse Sports Ltd.</b> 20 Mountain Climbers	<b>Sunova Credit Union</b> 20 Side Leg Raises
<b>Osis Timber Mart</b> 20 Shoulder Shrugs	<b>Blueberry Rock</b> 10 Push-ups	<b>Adrian Tire</b> 10 Plank Jacks	<b>Halliday Park</b> 16 Reserve Lunges	<b>Carnation Corner</b> 20 Calf Raises
<b>Lac du Bonnet Town Office</b> 10 Neck Rotations	<b>Miles Corner Store</b> 20 Arm Punches	<b>Mrs. Luccis</b> 1 minute Run on the Spot	<b>Lac du Bonnet Library</b> 20 Windmills	<b>Chicken Chef</b> 10 Toe Touches

**\*Participate at your own risk**

**Disclaimer:** These are general guidelines and you may modify these exercises any way that will be best suited for you. Remember to always consult your doctor before trying any new exercise. Complete at your own risk. Below are some general guidelines of how to complete each exercise.

Please follow all social distancing guidelines and be aware of all surroundings at all times. Please do not block vehicle and/or pedestrian traffic. Find a safe (out of the way) spot to perform all exercises. These exercises are to be done **outside** the business location, as to not interfere with operations of all businesses.

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