UMSL Campus Recreation

AT HOME WELLNESS BINGO

After you have two BINGO’s screenshot your card and mark the completed tasks. Then tag @UMSLCampusRec in a post on Facebook or Instagram, or you can email your submission to imsports@umsl.edu.

- Dance Fitness 3 w/ Carmen RWC Playlist
- Find online workout to participate in
- Start a journal
- Virtual zoo tour- National Aquarium
- 20 jumping jacks
- Listen to a Podcast
- Core Fusion w/ Kim RWC Playlist
- Send funny joke to a friend
- Learn something new on YouTube
- Cook a healthy meal
- Pilates Core Challenge w/ Karalyn RWC Playlist
- Get 8 hours of sleep
- Do a puzzle
- 20 Minute home workout RWC Playlist
- 1 Minute of deep breathing
- Tell a friend your favorite rec activity

A link to our YouTube RWC Playlist can be found on our website.