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.

15 side lunges
Eat an extra serving of fruit or vegetables
Paint a picture
Take a 30 Minute walk outside

Set a new goal
20 Minute home workout RWC Playlist
Listen to your favorite song
15 Forward lunges

Virtual museum tour-MoMA
Do yard work/Or Pick up trash on walk
Drink an extra 12 oz of water
Organize your kitchen

Build a pillow fort
Cardio kickboxing w/coach Dan RWC Playlist
Try a new recipe
Better Balance w/Sensei Dan RWC Playlist

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