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.

- Read for 30 Minutes
- Make a dream board
- Make a smoothie
- 1 Minute plank
- Write a poem
- Disconnect from your device for an hour
- 10 leg lifts
- Read an article about something you enjoy
- Reps & Set w/ Kim RWC Playlist
- Virtual museum tour- Getty museum
- Write down 5 positive things about your day
- Drink 64 oz of water
- Deep Stretch w/ Arica RWC Playlist
- Go up and down a set of stairs 3 times
- Yin Yoga with Jennifer- RWC Playlist
- Text a friend something to brighten their day

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