



CLAFitness.com

2020 CLAFitness.com Fitness Bingo!

The challenge: Spend 10 - 15 minutes a day doing a fitness related activity. Some of these also support fitness or are fitness adjacent. Pick a date to start. You have one month to complete the card. This card is from January 2020 through March 2020.

Some of these squares link to pdf workout routines or YouTube Videos. Please download a copy of this Movement Bingo card to get links embedded. PDF of this card is located here for download:

<https://www.coachlesley.com/2020challenges.html>

<p>Foam Roll CLAFitness.com Foam Rolling Routine E1 - 15min YouTube Video, foam roller required.</p>	<p>Meditate Set a timer for 10 minutes of deep breathing or meditation. Try an app like Headspace or Calm.</p>	<p>Hydrate Drink more water or cut back on coffee and/or diet drinks. Try this for one day.</p>	<p>Glutes Good Morning Glute Routine 3 - Standing/10min/Band YouTube Video. Mini Loop Band required.</p>	<p>Breakfast Plan and then eat breakfast with protein and a vegetable. Egg scramble with spinach, for example.</p>
<p>Repeat Repeat a square that you unexpectedly enjoyed. (Which one?)</p>	<p>Strength Foot and Ankle Appreciation Routine Link to PDF you can download. Band required. Wobble board or cushion needed.</p>	<p>Add a Veg When eating out or at home, add a side of vegetables other than potatoes.</p>	<p>Crosstrain Do some sort of activity that is different than your normal go-to exercise. If you run, try a bike or row or swim.</p>	<p>Core Core Routine No Gear B2 11min YouTube Video, no gear required.</p>
<p>Glutes Hip Series - The Classic Glute Getter YouTube Video, no gear required</p>	<p>Lunch Bring your lunch from home rather than eating out. Include lean protein, vegetables and good fats.</p>	<p>https://www.coachlesley.com/movementbingo.html FREE</p>	<p>Physical Therapy exercises or stretching you've been assigned to do.</p>	<p>Something New Try something new: a piece of gym equipment, search for short exercise video online. TaiChi, Balance, HIIT..What did you find?</p>
<p>Refuel Plan for refueling after a longer workout. Add protein and healthy carbs.</p>	<p>Visualize Take 10 minutes and visualize a result you want from fitness.</p>	<p>Strength Core and Upper Body 1:2 Routine YouTube Video. Dumbbells required. Do routine just once through.</p>	<p>Stretch Stretch and Foam Roll PDF Link to PDF you can download. Foam Roller required.</p>	<p>Stairs Find a set of stairs (inside or out) and briskly walk up and down.</p>
<p>Movement Break If sitting for an hour at desk or in front of TV, get up and walk/do stairs or air squats for 10 min.</p>	<p>Stretch Full Body Mobility Routine M13min-Band- Foam YouTube Video Requires exercise band and foam roller</p>	<p>Glutes Good Morning Glute Routine 2 12 min YouTube Video. Mini Loop Band optional</p>	<p>Snack Plan for and then eat an afternoon snack with protein and vegetable. Hummus/carrots or Celery/PB for example.</p>	<p>Core Stabilization Strength/ Balance 2:1 Link to PDF you can download. Exercise band required.DB optional</p>

Coaching Life's Adventures

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#CLAFitnessFitnessBingo

Winter 2020

Name:

How do we contact you if you win?

Please share how this challenge went for you. (optional)

I would try this again! My idea for a square is:

How it works: Pick a date to start and then you have 1 month. The goal is to do a blackout and fill every square. Should you be unable to blackout your card, aim for a Bingo by completing a horizontal, vertical or diagonal line. Everyone who turns in their card with a Bingo gets entered into a drawing to win a free piece of CLA gear (your choice of existing stock) or 1-hour consultation on any topic (must be claimed by 6/30/2020). Everyone who turns in their card with a Blackout gets entered into a drawing for a \$20 Gift Certificate to Super Jock 'N Jill.

How to play: Once you are ready to start the challenge, pick a day to start and you have one month to complete. This round of play for this card ends March 31, 2020. Choose which square you'll do each day and mark it off with the date. Some squares contain links to PDF workout routines to download or links to our YouTube channel's workout routines. The middle square is free to use whenever you need. A month has 30-31 days, thus with 24 squares to fill, you have some wiggle room. Play must be completed by March 31, 2020.

Why try this? Each square is meant to help remind you about the often forgotten but valuable activities that support your fitness goals. If a particular routine or activity won't work for you, please find something of similar intent be that core work, mindfulness, nutrition, etc. It's an honor system. Please have fun!

How do I submit my card for entry to the drawing if I've completed a bingo or blackout?

By March 31, 2020, please do one of the following:

1. **Drop Off** - At Coach Lesley's house
2. **Mail to Coach Lesley** (please contact her via email if you do not have her physical address)
3. **Email** a scanned copy or photo of your completed card to Coach Lesley.
4. **Sharing is caring! (preferred) Please post a PHOTO** of your completed card to **FACEBOOK** @CoachLesley.comLLC or **INSTAGRAM** @cla.fitness **and add tag: #CLAFitnessMovementBingo**

The Goal: We often hear that people have no time to do strength work, to do mobility or flexibility work, or no time to plan for snacks or mindfulness. Try! Each square has ideas for you to try. If a particular routine or video isn't for you, try something comparable. Give it 10 -15 minutes is all we ask but it's ok to do more! Plan your day, see what you can do and have fun trying out new things!

The fine print: Anyone can play but just one entry per person per round of game play. We might do it again! As always, please use common sense and caution when doing any exercises. To reduce and avoid injury, check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. CLAFitness.com dba CoachLesley.com will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website.