

Here are some suggestions for how to use the Fun Fitness Bingo resources.

1. Print off the Fun Fitness Bingo Board and Fun Fitness Bingo Cards. Cut out the cards, muddle them up and place them in a container. Pick out a card at regular intervals of time and aim to carry out each exercise for 30 seconds. Once you have completed each exercise, cover it up with the card. Continue doing this throughout the day until all of the exercises on the board have been covered over. Perhaps you could set an alarm to remind you when it's time to exercise!
2. Print off the Fun Fitness Bingo Board and choose an activity to carry out at regular intervals throughout the day. To pick an exercise at random, close your eyes, put your finger down on the board and do whichever exercise your finger landed on.
3. Have the Fun Fitness Bingo Board up on your computer screen and choose an activity to carry out at regular intervals throughout the day. To pick an exercise at random, close your eyes, place your finger on the screen and do whichever exercise your finger landed on.

Can you complete all of the exercises in one day? You might want to pick two or three at a time and do them all in one go with a short ten-second break in-between each one. Or maybe you could do each exercise more than once, with a short ten-second break in-between?

