

SPECIAL OLYMPICS HAWAII

BINGO

B

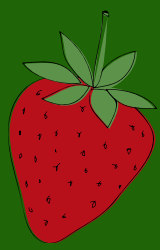
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Eat a source of natural sugar!

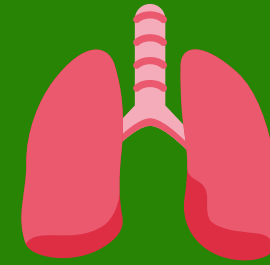


Participate in a weekly Fitness Challenge

Practice meditating!



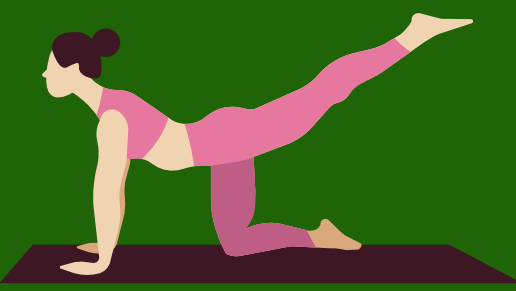
Practice deep breathing



Participate in a Zumba Workout

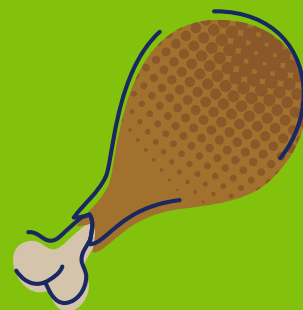


Attend a Virtual Yoga Session



Post a picture of you doing a Fit Friends Workout

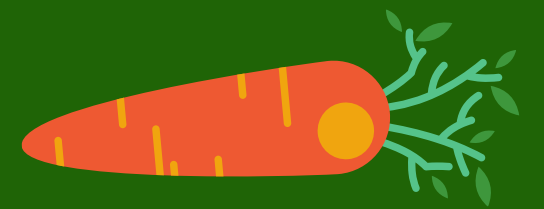
Eat a high-protein meal!



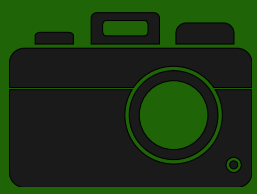
Post a picture of your post-workout meal!



Post a picture of your favorite vegetable snack!



Post a picture of you dressed for the Weekly Dance Party



Post a picture of you doing your favorite exercise!

FREE SPACE

Post a picture of you prepping a Fit Foods Meal

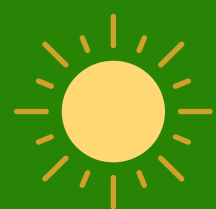


Post a picture of your favorite sunny-day activity



Post a picture of using your favorite water bottle

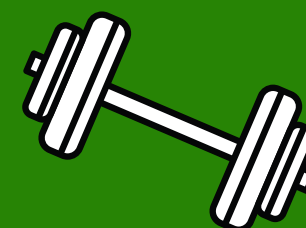
Post a picture of you practicing sun safety!



Post a picture of you exercising outside



Complete a resistance workout!



Post a picture of your stretching routine!



Eat 3 meals throughout a day



Walk 30 minutes 3 times in 1 week



Wear your favorite Special Olympics Shirt

Workout 3 times a week for 2 straight weeks



Post a picture of you warming-up!