

Fall Physical Activity Bingo



Here are fun ways to keep moving this fall! See how many BINGO squares you can check off.

B	I	N	G	O
Go to a pumpkin patch	Take a trip to the farmer's market	Hike in the fall foliage 	Collect colorful leaves	Warm up with a bowl of soup 
Make a maze in the leaves 	Choose the stairs instead of the elevator	Try a new type of winter squash	Roast pumpkin seeds 	Take an evening walk
Attend a fall festival	Play hide and seek	Free Space	Plant bulbs for spring	Go for a morning bike ride 
Have a fall picnic	Rake leaves 	Try a new fall recipe from food.unl.edu	Taste different varieties of apples	Unplug from technology for the day
Jump Rope 	Play an active video game	Play catch outside	Carve pumpkins 	Create an outdoor obstacle course



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