

# BINGO!

## Ages 13+

Submit your board on Sundays to [bingo@breathestrongcf.org](mailto:bingo@breathestrongcf.org)

Grand Prize drawing on January 6, 2025

Take a walk with someone older than you	Go to a park and play on the swings	Try a new recipe	Do your full treatment routine for 1 week without missing a dose, breathing treatment, vest, etc.	Use the stairs only for the day (no elevators or escalators)
Complete James' 10-min work out ( <a href="https://breathestrongcf.org/10-minutes-to-exercise/">https://breathestrongcf.org/10-minutes-to-exercise/</a> )	Participate in a kitchen dance party	Go for a bicycle ride (outside or stationary)	Tell someone you love them	Get 8+ hours of sleep
Share a post from BreatheStrong CF on your social media & tag @BreatheStrongCF	Complete 10 miles of activity in 1 week (walk or run, in one setting or pieces)	Ask 5 people to donate to your Charity Footprints account	Park as far as possible from the store entrance for every errand you run today	Try a yoga class - online or in-person
Eat 5 fruits/vegetables in 1 day	Play for 20 minutes with someone younger than you	Sign up for BreatheStrong+'s Move4Minutes	Complete a group exercise class in person or virtually	Register for BreatheStrong+
Follow BreatheStrong CF on Facebook, Instagram, &/or LinkedIn	Connect your Smart Watch/Exercise Tracker to Charity Footprints	Try a new activity you've never done before	Write a Gratitude List	Try a Beam Class <a href="http://www.beamfeelgood.com">www.beamfeelgood.com</a>