

SOA PEAK PROGRAM

BINGO WEEK FIVE



B	I	N	G	O
 <p>Share a wellness tip for Global Wellness Day</p>	 <p><u>10 resistance band seated calf press (x2)</u></p>	 <p>Go for a 30 Mindfulness walk and explore nature</p>	 <p>15 Frog Jumps</p>	 <p><u>Check out Sobeys Nutrition Corner: Vegetables and Fruit</u></p>
 <p>Take a picture of you doing any activity outdoors</p>	 <p><u>15 resistance band squats x2</u></p>	 <p>30 second wall sit (x2)</p>	 <p>45 seconds of Lateral Shuffle (x2)</p>	 <p>Take a photo with your hands as bull horns!</p>
 <p><u>10 resistance band lat pull downs (x2)</u></p>	 <p>Share a picture with your friends for National Best Friend Day</p>	<p>FREE SPACE</p>	 <p>15 sit-ups (x2)</p>	 <p><u>Participate Elevate With Exercise with coach Brittany</u></p>
 <p>Eat 5 total fruits & veggies in one day</p>	 <p>Drink 5 cups/bottles of water per day</p>	 <p><u>15 resistance band bicep curls (x2)</u></p>	 <p><u>Participate in our Sobeys Checkstand Challenge</u></p>	 <p>15 resistance band seated rows x2</p>

*Click on the workout icon or click [here](#) for a video clips for each workout