

# SOA PEAK PROGRAM

## BINGO WEEK EIGHT



B	I	N	G	O
 <p>Drink 5 cups/bottles of water per day</p>	 <p>Fill out the <a href="#">PEAK 6.0 Feedback Form</a></p>	 <p>Go for a 30 Mindfulness walk and explore nature</p>	 <p>Check out <a href="#">Sobeys Nutrition Corner: Fueling up for Sport</a></p>	 <p>Share a photo celebrating your achievement of reaching PEAK 6</p>
 <p><a href="#">10 resistance bands Lateral walk steps (x2)</a></p>	 <p><a href="#">15 resistance band standing calf raises (x2)</a></p>	<p><b>FREE SPACE</b></p>	 <p>Share a selfie rocking your NEW PEAK buff</p>	 <p>Complete this <a href="#">workout by SO athlete Ashley and her brother Alex</a></p>
 <p><a href="#">20 resistance band chest presses (x2)</a></p>	 <p>Jog on the spot for 45 seconds</p>	 <p>Eat 5 total fruits &amp; veggies in one day</p>	 <p>15 jumping jacks (x2)</p>	 <p>Take a picture of you doing any activity outdoors</p>
 <p>15 Sitting Twist (x2)</p>	 <p>Attend the <a href="#">Maple Leaf Mixer Dance</a></p>	 <p>15 penguins exercise (x2)</p>	 <p><a href="#">15 resistance band lateral raises x2</a></p>	 <p><a href="#">15 resistance band diagonal pulls (x2)</a></p>

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