



GROUND
MOVEMENT CO.

Wellness Bingo

Te Anau Edition

Get out of bed before 7 am.	Walk or run Control Gates to Doc Bay return.	Make your favourite meal.	Complete 10,000+ steps in one day,	Have a day off Facebook/ Instagram/ Tik Tok/ Twitter.
Listen to 30 minutes of your favourite music.	Bike part of the Fiordland Trails Trust Cycle Trail.	Support a local business. Purchase a service/ product/ voucher/ write a review.	Read a resource from GMC website 'Free resources tab'.	Find a hill and climb it. Take a photo of the view from the top.
Go for a walk after dinner one evening.	Catch up with a friend you haven't seen for ages.	Click the Video tab on GMC Facebook page, and follow along to an uploaded workout.	Read a book, doodle or craft for 30 minutes.	Play frisbee golf or run/ cycle around Ivon Wilson Park.
Jump off a wharf, swim in a river, dip your toes in a lake.	Plan your meals for 1 week.	Spring clean one area of your home.	Do/ go to a 'tourist attraction' in our area.	Complete 15,000+ steps in one day.
Play some form of sport.	Visit the lookout on Ramparts Road.	For one meal, chew each mouthful 30 x.	Do something nice for someone.	Debrief with your friends about your Bingo experience.

www.groundedmovementco.com



GROUND
MOVEMENT CO.

Wellness Bingo

Anywhere Edition

Get out of bed before 7 am.	Walk or run along a local bush trail (30-45 minutes).	Make your favourite meal.	Complete 10,000+ steps in one day,	Have a day off Facebook/ Instagram/ Tik Tok/ Twitter.
Listen to 30 minutes of your favourite music.	Bike part of cycle trail close to where you live.	Support a local business. Purchase a service/ product/ voucher/ write a review.	Read a resource from GMC website 'Free resources tab'.	Find a hill and climb it. Take a photo of the view from the top.
Go for a walk after dinner one evening.	Catch up with a friend you haven't seen for ages.	Click the Video tab on GMC Facebook page, and follow along to an uploaded workout.	Read a book, doodle or craft for 30 minutes.	Go to a local park and/ or reserve you haven't visited before and explore.
Jump off a wharf, swim in a river, dip your toes in a lake.	Plan your meals for 1 week.	Spring clean one area of your home.	Do/ go to a 'tourist attraction' in our area.	Complete 15,000+ steps in one day.
Play some form of sport.	Learn a new skill.	For one meal, chew each mouthful 30 x.	Do something nice for someone.	Debrief with your friends about your Bingo experience.

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