



GROUND
MOVEMENT CO.

Movement Bingo

Cooler months Edition

Get out of bed before 6 am and do some form of movement for 30 -mins.	Walk or run along a local bush trail (30-45 minutes).	Stretch for 10 minutes.	Complete 5,000+ steps in one day,	Have an active lunch break.
Complete 15,000+ steps in one day.	Bike part of cycle trail close to where you live.	Try a night time walk in a safe area.	Find a 10 min or less online core workout to complete.	Find a hill and climb it. Take a photo of the view from the top.
Organise a friend or family activity of some form.	Walk, run or cycle in the rain.	Click the Reels tab on GMC Facebook page, and follow along to an uploaded workout.	Tick off an official park run event.	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.	Attend a group movement class in your area: yoga, pilates, walk group etc.	Stretch for 20 minutes.	Walk a dog.	Complete 20,000+ steps in one day.
Have an active lunch break.	Get out of bed before 630 am and do some form of movement for 30 -mins.	Do an outdoor physical task (mow the lawns, gardening etc.)	Save some fuel-active commute to work on one day of the week.	Do one of the workouts from cbPT 30-day challenge (check our free resources tab)