



GROUND
MOVEMENT CO.

Movement Bingo

Daylight savings addition

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 10,000+ steps in one day,	Do a water based activity.
Complete 15,000+ steps in one day.	Bike part of cycle trail close to where you live.	Participate in a social sport/ recreational activity.	Stretch for 15 minutes.	Find a hill and climb it. Take a photo of the view from the top.
Go for a walk after dinner one evening.	Do a body weight workout.	Click the Video 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.	Research local movement groups in your area.	Stretch for 20 minutes.	Walk a dog.	Complete 20,000+ steps in one day.
Attend a group fitness class.	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.)	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)

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