

# Fall Physical Activity Bingo



Here are fun ways to keep moving this fall! See how many BINGO squares you can check off.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Go to a pumpkin patch	Take a trip to the farmer's market	Hike in the fall foliage 	Collect colorful leaves	Warm up with a bowl of soup 
Make a maze in the leaves 	Choose the stairs instead of the elevator	Try a new type of winter squash	Roast pumpkin seeds 	Take an evening walk
Attend a fall festival	Play hide and seek	<b>Free Space</b>	Plant bulbs for spring	Go for a morning bike ride 
Have a fall picnic	Rake leaves 	Try a new fall recipe from <a href="http://food.unl.edu">food.unl.edu</a>	Taste different varieties of apples	Unplug from technology for the day
Jump Rope 	Play an active video game	Play catch outside	Carve pumpkins 	Create an outdoor obstacle course



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