

RV FITNESS BINGO

Complete five squares in a row—across, down, or diagonally. Mark each square as you finish it!

Walk for 10 minutes	Do 10 heel raises	Stretch your shoulders	Take 5 deep breaths	Do 10 wall push-ups
Walk the dog an extra lap	Do 10 chair squats	Stretch after driving	March in place for 1 minute	Drink an extra glass of water
Practice balance for 20 seconds	Do 10 seated marches	FREE SPACE No Perfection. Just Movement.	Walk around the campground	Stretch your calves
Do 10 standing side steps	Use a resistance band	Take a movement break	Do 10 toe taps	Stand tall for 1 minute
Dance to one song	Try a new walking trail	Do 10 seated leg extensions	Stretch your hips	Invite another RVer to walk

Success Levels

One Row= Camp Cruiser. **Two Rows**= Road-Ready Mover. **Four Corners**= Adventure Seeker. **Full Card**= HRV Champ

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Use a chair, counter, or handrail for support if needed. Stop if you feel pain or dizziness.

