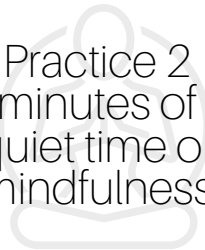


Outdoor RVA Wellness Bingo

Visit Maymont and walk the gardens	Hike the Buttermilk and spot leaves changing	Explore Belle Isle and skip rocks on the James River	Visit the children's garden at Lewis Ginter Botanical Gardens	Walk across the T Potterfield Bridge
Ride bikes, scooter, or walk along the Capital Trail	Play at Park365 and create an obstacle course	Check out birds at Pony Pasture	Go on scavenger hunt and walk around lake at Forest Hill Park	Play a game of soccer or toss a frisbee at Bryan Park
Explore the pipeline walkway downtown	Visit Deep Run Park and try the fitness trail	<i>free</i> Choose a family adventure goal	 Play on the sports fields at Dorey Park	Enjoy a family picnic at Bryan Park
Walk through Three Lakes Park and Nature Center	See who can swing the highest at Chimborazo Park	Explore the Canal Walk downtown	Walk the loop at Dogwood Dell	Check out a local pumpkin patch, like Ashland Berry Farm
Check out Maymont's Garden Glow (have value nights for lower entry fee)	Explore Taylor Farm Park's huge playground and skate/bike park	Skip around the pond at Byrd Park	Explore sculpture garden and grounds at VMFA	Try the football-themed obstacle course at Bon Secours Park

Family Wellness Bingo

Have a jump rope challenge	Go on a family walk after dinner	Use fruit and herbs to create flavored water	Cook a new healthy meal together	Write 5 things you're grateful for
Build an obstacle course at home	Share something you love about each person in your family	Stretch like a superhero in the morning to start your day	Hula hoop for 5 minutes	Eat the rainbow - 5 colors in 1 day
get a family book at the library & read it together	 Have a 15 minute dance party	<i>free</i> Choose a personal family wellness goal	 drink 6-8 cups of water	Play an active game
Try to juggle socks	 Practice 2 minutes of quiet time or mindfulness	write in a journal 	eat something yummy & healthy	Play freeze dance
Pretend to be your favorite animal	Make up your own exercise and name it!	Play a game of charades	 listen to calming music	compliment someone 