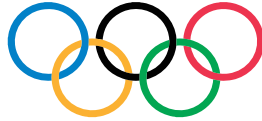



# Be An OLYMPIAN



## B I N G O

Spend 10 minutes hula-hooping	Have a water balloon competition	Make 10 free throws on your favorite basketball hoop	Walk 50 feet balancing an egg or golf ball on a spoon	Create and play a round of tin cup golf: <a href="#">CLICK HERE</a>
Go for a bike ride	Play Simon Says; test your memory and coordination: <a href="#">CLICK HERE</a>	Sprint for 30 seconds and then walk for 30 seconds for 5 minutes	Stretch your muscles for 10 minutes	Bounce a balloon in the air 100 times in a row
Make a mini foosball table: <a href="#">CLICK HERE</a>	Create a hopscotch course for the neighborhood to enjoy	 <b>FREE SPACE</b>	Run/Walk a mile	Balance a book on your head for 10 feet, 5 times.
Do a 10 minute ab workout	Do 50 push-ups	Create this DIY Ping Pong Game: <a href="#">CLICK HERE</a>	Dance to your favorite song and share a video to our Facebook	Jump Rope for 10 minutes
Throw a Frisbee around for 15 minutes	Run up 20 flights of stairs	Create your own Olympic Uniform and send us a picture!	Complete the Fun at Bat at Home Challenge: <a href="#">CLICK HERE</a>	Do 50 jumping jacks and 25 squats