

Aktivitetshusets Feel Good-Bingo

Walk in a quick pace for 30 minutes.	Skipping 10 minutes.	Run outdoor or on a treadmill for 1 kilometre.	Do 100 squats in one day.	Sit outdoor in the sun with a cup of coffee or tea.
Exercise 30 minutes at the nearest outdoor gym.	Take a walk to Sjöstugans camping and enjoy the view.	Sit on a rock in the forest and breathe for 2 minutes.	Drink at least 1 liter of water during one day.	Triplets in workout 3x squats 3x push ups 3x situps Repeat 3 times
Cycle for 30 minutes.	Jog and walk at intervals. Jog 2 minutes, walk 1 minute. Repeat 10 times.	Do sitting position 90 degrees against a wall for 2 minutes	Go for a slow walk and listen to the nature.	Explore the beautiful surroundings in Haganäsparken.
Walk for at least 1 hour.	Do a mindfulness exercise for 5 minutes.	Do 3 x 10 push-ups.	Quadruplet in workout 4x jumps 4x back lift 4x lunges 4x side crunches Repeat 4 times	Walk the stairs. At least 100 steps up.
Take a power walk, preferably with rods for at least 30 minutes.	Run outdoor or on a treadmill for 2 kilometre.	Find a hill, walk up and down 5 times.	Walk 5 kilometers.	Do the plank for 1 minute.