

Active BINGO

Spring

Week

2

Cross off all the activities you complete in Week 2 (w/c 4th March) of Active Bingo. Spot prizes available for those with a completed row or full house.

Email your **Week 2** card to ActiveEBQ@sweco.co.uk by the 10th March.

Walk around a local park	Go rock climbing or bouldering	Walk to a friends house	Try an ebike or cargo bike	Learn how to fix a tyre puncture	Climb 3 flights of stairs
Cycled in the rain	Climb Arthur's Seat	Attend a free class (check out Eventbrite)	Attend a Park Run event	Go on a walking meeting	Go on a litter picking walk
Track 12,000 steps twice in 1 week	Try Skipping	Wear reflective clothing / lights at night	Swim 1km	Hike two hills in Edinburgh	Take a friend/ neighbours dog for a walk
Try for a new PB	Go wild swimming	Sign up for couch to 5k	Go for a brisk walk/wheel before work	Cycle 3miles with friends or family	Hold the 'plank' for 30seconds

Staff / student email:

This will only be used to contact you if you win a prize

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bioQuarter



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SWECO