

Active BINGO

Spring

Week
3

Cross off all the activities you complete in Week 3 (w/c 11th March) of Active Bingo. Spot prizes available for those with a completed row or full house.

Email your **Week 3** card to ActiveEBQ@sweco.co.uk by the 17th March.

Get off the bus a stop early	Find a new walking / wheeling route	Do a set of seated exercises	Swim 500m	Dance	Give up an unhealthy habit for a week
Join a local cycle club	Swim 400m	Cycle to the shops	Go for a lunchtime walk	Climb 10 flights of stairs	Walk to Duddingston Loch
Hike one of Edinburgh's 7 hills	Leave the car at home for 3 days	Do an online / in person yoga session	Walk / wheel at lunch time	Make use of a standing desk	Try a rowing machine
Run 3 miles	Walk to Craigmillar Castle	Repair a puncture	Scoot to the shops / work	Track 10,000 steps in one day	Take the stairs instead of lift

Staff / student email:

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

