

Family Bingo!



Looking to move more this year, but need some motivation?

Walking and Cycling with your family can be a great way to spend time with your loved ones while you all reap the benefits..

Use our **#StrideAndRide** bingo card to find out ways that you can make the change and take part in more family activities across Lincolnshire! Get ticking off your numbers and see if you can get a full house! Please turn over to page 2 for the tasks in detail. Please turn over to page 2 for the tasks in detail.

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Doctor's orders

Task: Two wheel challenge

67

Stairway to heaven

Task: Hill-walking together!

78

39 more steps

Task: Hit a family milestone this month

2

One little duck

Task: Do a regular roundtrip by foot, bike or scooter

23

Thee and me

Task: 3-in-a row!

41

Time for fun

Task: Long distance family challenge

25

Duck and dive

Task: Discover a new route this weekend

77

Sunset strip

Task: Sunset/Sunrise cycle or stroll

11

Legs eleven

Task: Meander along the water

#StrideAndRide

LetsMoveLincolnshire.com/StrideAndRide



9 – Doctor's orders – Task: Two wheel Challenge

Set yourself a family riding challenge. Riding in groups, can you and your family ride or scoot a combined 50 miles over the course of 4 weeks?

If road riding isn't your thing - try taking it off-road, in fields or woodland, or even down to the beach if you live near the coast!

67 – Stairway to heaven – Task: Challenge yourself to a hill walk

Challenge you and friends or family to an incline walk together!

Have you got what it takes to conquer Steep Hill? Perhaps you're prepared to tackle Boston Stump or the hills of the Lincolnshire Wolds?

78 – 39 more steps – Task: Hit a milestone this month

Who doesn't love a challenge? Can you, walking as a family, track 50,000 steps each week, on one of your tracking devices? Or even Google how many steps on average a route could be, and take yourselves off for some walks to build up to 50k

2 – One little duck – Task: Do a regular roundtrip by foot, bike, or scooter

Get the kids off to a great start by walking or riding to school twice this week! Reduce pollution and congestion around the school gates and help the kids develop road safety skills.

23 – Thee and me – Task: 3-in-a row!

Try a walk or ride out on the bike, each day, for 3 days running with a family member. Building habits can drive us towards making it easier to be more active regularly going forward!

How far you go is up to you, but you could add more mileage as you go...

41 – Time for fun – Task: Long distance family challenge

Who can win the distance challenge? Walk, run, cycle, swim... Whatever works for you individually.

Record the distances in the month, who will be the family winner for distance travelled? There's some routes on **our website!**

25 – Duck and dive – Task: Discover a route this weekend

Swap any usual family activities you would do, and discover a new route!

Grab your trainers or your bikes, and head out for a few laps around your local park, try a coastal route, or challenge yourself to a hill climb.

77 – Sunset strip – Task: Sunset/Sunrise cycle or stroll

Take a leisurely ride or walk together to catch the unspoilt sunset! Watch as the sky changes colour, but don't forget your torch if you plan to stay out until after dark.

11 – Legs eleven – Task: Meander along the water

Head for a meander by the water, together as a family! Find a lake, river, canal or even the sea nearby to enjoy the peaceful views as you walk or cycle, and see what wildlife you can spot!