

Walking Bingo!



Looking to move more this year, but need some motivation?
Walking regularly is a great way for you to build some physical activity into your life and improve your overall health and fitness.

Use our **#StrideAndRide** bingo card to find out ways that you can make the change and take part in more walking 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.

46

Up to tricks

Task: Singing in the rain

29

Rise and shine

Task: Start your day with a stroll

81

Stop and run

Task: Swap the car for foot

78

39 more steps

Task: Hit a milestone this month

45

Half-way there

Task: Warm up walk

83

Time for tea

Task: Invite a mate for a cuppa

75

Strive and strive

Task: Join a walking group

41

Time for fun

Task: Learn to map read

67

Stairway to heaven

Task: Challenge yourself to a hill walk!

#StrideAndRide

LetsMoveLincolnshire.com/StrideAndRide



46 – Up to tricks – Task: Singing in the rain

A little rain isn't so bad... Grab your coat (and wellies) and march through the drizzle! Take a trip through the woods or try a coastal walk for that sea air.

29 – Rise and shine – Task: Start your day with a stroll

Keep busy and start your day with a stroll... pop on a podcast, learn a new language, or listen to your favourite music to start your day on a high!

Or if you're not an early riser, what about a wander during your lunch break to get some fresh air, or plan a work meeting outside with a colleague?

81 – Stop and run – Task: Swap the car for foot

Give the car the boot, run your errands on foot, to get that blood flowing!

8 – 39 more steps – Task: Hit a milestone this month

Who doesn't love a challenge? Set yourself a step challenge – can you do 40,000 steps each week for a month?

45 – Half-way there – Task: Warm up walk

Feeling chilly? Get up and go for a quick brisk walk to warm up.

You could do this in your home, garden or head out for a wander round the block – just remember to wrap up warm!

83 – Time for tea – Task: Invite a mate for a cuppa

Plan a cuppa, grab your travel mug and catch up with friends while exploring a new route!

75 – Strive and strive – Task: Join a walking group

Join a walking group, such as the Lincolnshire Wellbeing Walks or the Ramblers Group, and make new friends across Lincolnshire.

Walking can be a huge benefit to your mind - being around like minded people, with groups suited to all abilities. [Check out our website](#) for info on how you can join a walk today!

41 – Time for fun – Task: Learn to map read

Learn a new skill and get stuck into map reading!

Take a few hours out at the weekend for a country walk letting the map lead the way.

Need a new route to explore? There's a ton of options on [our website](#).

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

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?

The views at the top are certainly worth the climb! Set yourself the challenge today!