

Community Bingo

There are many ways to GET ACTIVE in your community! Partner with a colleague or create a team to complete our Community Bingo Board. Try to complete a full row of activities.



What's your balance?

- Physical Activity -

Walk, don't drive, to a nearby store.	Visit a new greenspace.	Take a stroll outdoors and observe local birds. See how many species you can find!	Take part in an event organized by a local community association.	Discover the recreational activities available in your community.
Get out and explore a local museum or a historic site.	Walk, bike or take public transportation to work.	Walk or bike to a local point of interest.	Clean up a pathway, sidewalk or other space.	Try something adventurous like hiking, climbing or horseback riding.
Volunteer in your community.	Visit a library and see if they have any physical activity equipment you can borrow.	 <p>Free space!</p>	Draw schoolyard games (i.e. hopscotch) and participate. Don't forget the chalk!	Explore a new park or recreation space.
Exercise outside!	On a local map, pick a street you haven't walked down before and take a stroll.	Garden or help a neighbour with their yard work.	Take a walk with a friend.	Visit a Provincial or National Park.
Have a picnic.	Find a new pathway.	Say hello or introduce yourself to a neighbour.	Try jump rope or frisbee.	Visit a local swimming pool, tennis court, curling rink or baseball diamond.

Join the conversation and share what balance looks like to you, using #AHSwhatsyourbalance on social media.



Healthy Albertans.
Healthy Communities.
Together.