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Complete a workout from a fitness app or YouTube	Attend a free Intro to CrossFit class at K-State CrossFit	Call a friend or family member while you walk	Walk or jog a lap around City Park	Air-squats at Ahearn
Play a sport with a friend or family member	Try a fitness class at the Rec	Complete the campus tree walk	Try the Fit Trail at CiCo Park	Burpees on Bosco Plaza
Rake or make a pile of leaves and jump into it	Participate in an EIM-OC event	FREE ★	Walk or bike to an errand when you would normally drive	Jumping Jacks by Justin
Go for a walk in your neighborhood and find a Powercat	Try a new type of physical activity	Try a yoga class	Get at least 30 min. of physical activity every day for a week	Lunges by the Library
Walk or jog a lap at the WWI Memorial Stadium	Visit a new park or trail	Park in the farthest spot from your destination	Break a sweat	Mountain climbers by McCain

DIRECTIONS: Complete EIMOC "BINGO" in any direction for a chance to be entered into a prize drawing on November 2, 2022. Please put an X through any activity completed and indicate the date in which it was completed within the square. **To submit your results, please send a photo of the front of the card to kines@ksu.edu by 5:00 pm on Tuesday, November 1, 2022.** Prize eligibility is limited to current K-State students, faculty, and staff. Tagging @kstatekines on social media as you complete the activities is encouraged!