

Let's Move Pittsburgh Bingo

At Home Edition

Went for a 15 minute walk	Shared a meal with my family	Read a new book	Drank 8 glasses of water	Made a craft from recycled materials
Tried an online fitness survey	Identified 5 plants in my yard	Played or made up a new game	Read a friend's favorite book	Had a family dance party
Had 5 servings of fruits and vegetables	Helped prepare a meal	FREE	Made an indoor picnic	Learned 3 facts about my favorite food
Wrote a story	Called a friend or family member I miss	Spent one hour outside	Played a board game with my family	Tried a new food
Made a sensory bin	Set up an at-home science experiment	Made a blanket fort	Learned a new skill	Painted a picture



Every Day!



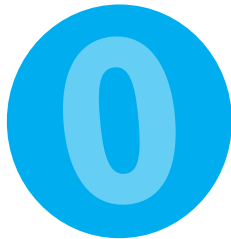
or more servings of fruits and vegetables



hours or less of recreational screen time*



hour or more of physical activity



sugary drinks and more water

*Keep TVs/computers out of the bedroom. No screen time under the age of 2.

To learn more, please visit letsmovepittsburgh.org.



United Way of
Allegheny County
Contributor Choice Program

UPMC HEALTH PLAN

THE HEINZ ENDOWMENTS
HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

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Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.letsgo.org
Download healthy lifestyle resources at letsmovepittsburgh.org.