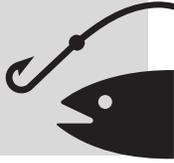


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**BONUS  
SQUARE!**

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# KANA SUMMER FITNESS BINGO!

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*How to play: Between the dates of **June 27 and September 10, 2018**, perform as many activities as you can from the list below. For every numbered activity that you complete, write the date on the assigned square. You must complete five squares diagonally, vertically, or horizontally to earn one entry into the Prize Jar. For a blackout, you earn fourteen entries!*

*The prize drawings will take place on September 15, 2018. **In order to get your name in the prize jar, you must show the KANA Wellness Center staff your Bingo card on or before September 10, 2018.** If you reside in a village, show your Behavioral or Community Health Aid your completed squares. Get out, get active, and most importantly, have fun!*

*If you have any questions or need to request an alternative to any of the above, please call Manya at the KANA Wellness Center: 486-1377.*

1. Pick two cups of Alaskan berries.
2. Go fishing with a friend. Catch at least one living sea critter in order to earn your square!
3. Hike three different Kodiak hiking trails this summer. (Off-islanders may hike the same trail or mountain three times.)
4. Perform one of the following tasks for an Elder/friend: wash their car, mow their lawn, pick up their yard trash, or walk their dog.
5. With your beach findings, make an awesome art project!
6. On your outdoor adventures, take a picture of: a fish carcass, a bald eagle, a wildflower, a salmonberry, a bug with wings, beach glass with the ocean in the background, a heart-shaped rock, and two ducks side by side. For an extra Prize Jar entry, email your photos to: [manya.wandersee@kodiakhealthcare.org](mailto:manya.wandersee@kodiakhealthcare.org)
7. BONUS SQUARE: Upload your photo from #23 to Facebook and tag @KANAWellnessCenter
8. Perform any self-care activity for 30 minutes (meditation, banya, sauna, massage, yoga, hot bath, etc.)
9. Prep one healthy recipe each week for a total of three weeks. For help or ideas, contact Manya at 486-1377.
10. Bike a total of 15 miles at one time or over multiple sessions (indoor/outdoor).
11. Go tidepooling and take pictures of three different species.
12. Find one beach glass of every color: yellow, red, brown, dark blue, aqua, white/clear, and green. For villages, find four of the seven colors.
13. Paint four rocks. On them, write KANA Bingo. Hide them on one or multiple hiking trails.
14. For seven days straight, perform fifteen minutes of exercise each day.
15. Eat three different kinds of vegetables every day for one week straight.
16. Walk the length of three different beaches. For villages (if three aren't easily available), walk down one beach and back three times.
17. Prepare a dish using an outdoor Alaskan resource (berries, garden goods, wild game, fish, etc.)
18. Fill two grocery bags with recyclables found outside. Drop off at your nearest recycle facility.
19. Kayak to Woody Island and Long Island, then back to Kodiak. For off-islanders, kayak for a total of 60 minutes.
20. Hike or walk a trail/mountain of your choice. Hike the same trail a second time and log a shorter time.
21. For Kodiak residents, find 2 painted rocks. If they say "KANA Summer Bingo" on them, bring them into the KANA Wellness Center for 2 extra prize jar entries. For villages, find 2 painted rocks OR fill 2 Safeway sized bags full of outdoor trash.
22. Pick a bouquet of Alaskan wild flowers and deliver it to someone who has made a positive impact in your life.
23. Kodiak residents, take your picture with the flag pole on Old Woman's mountain. Ahkiok, at the Rock Pile. Larson Bay, at Frenchie's Point. Port Lions, at the end of the dock. Ouzinkie, the Dam at Mahoona trail. Old Harbor, next to the Old Harbor letter sign.
24. Challenge a friend or family member to 60 minutes of any outdoor exercise game (Frisbee, tennis, softball, corn hole, basketball, etc.).
25. Plant flowers, vegetables, or any other plant in a garden, pot, or the community garden.