

MEN'S HEALTH MONTH BINGO

Complete a line of 5 to be entered in to win prizes! Complete ALL challenges for chance to win a grand prize! Email recreation@orovalleyaz.gov when you've complete the challenge. Deadline to submit is July 1.

Hike the Linda Vista Loop Trail Initial _____	Attend a fitness class Initial _____	Take a one hour walk on the multi-use path Initial _____	Eat one piece of fruit per day for a week Initial _____	Stretch 10 mins a day for a week Initial _____
Do 20 burpees a day for a week Initial _____	Walk 30 minutes per day for a week Initial _____	Participate in National Trails Day on June 5 Initial _____	Do 25 sit ups a day for a week Initial _____	Avoid fast food for a week Initial _____
Swim laps for 30 minutes Initial _____	Hike West Lambert Lane Trail Initial _____		Visit Town rec facility June 19-20 Initial _____	Avoid soda for a week Initial _____
Eat one salad a day for a week Initial _____	Hike Honeybee Canyon Initial _____	Avoid candy for one week Initial _____	Play a match of tennis or pickleball Initial _____	Participate in the Round Up at the Ranch 5K (see promo below) Initial _____
Do 20 squats a day for a week Initial _____	Drink 1/2 your body weight in ounces of H2O a day for a week Initial _____	Participate in guided bikes rides on June 26 Initial _____	Hike at Catalina State Park Initial _____	Take a one hour bike ride Initial _____

MEN'S HEALTH MONTH EVENTS

June 5: National Trail's Day Night Hike at Catalina State Park at 7 p.m.

June 13: Round Up at the Ranch 5K (use code **MENSHEALTH** for \$5 off)

June 19-20: Free entry into the Community & Recreation Center and Aquatic Center

June 26: Road bike ride starting at Steam Pump ranch at 6 a.m.

June 26: Mountain bike ride starting at Big Wash Trailhead at 6 a.m.