



Fall Fitness Bingo Challenge Guidelines

Complete Week 1 NOFFs 5-week Conditioning Plan	Go for 30 minute Bike Ride	Drink 64oz of water	Read for 1 hour	Log your food for 3 days
Complete 30 minutes of yoga	Eat the rainbow challenge	Run or walk or row a 5k	Complete Week 4 NOFFs 5-week Conditioning Plan	Shoot 100 free throws in our new Field house
Sleep 7-9 hours 3 days in a row	Accumulate 5 minutes in Plank in a day	Complete a MWR Fitness or sports survey online.	Go out Canoeing/Kayakin g/Stand up paddle boarding	Complete Week 5 NOFFs 5-week Conditioning Plan
Track your steps Do 10,000 steps in a day for 1 week	Play singles tennis or go golfing.	Complete Week 3 NOFFs 5-week Conditioning Plan	100 push ups	Pay it forward
500 Squats Challenge	Complete Week 2 NOFFs 5-week Conditioning Plan	Try a meditation practice	Eat Breakfast within 1 hour of waking up for 1 week straight	Go for a 3+ mile local hike



Fall Fitness Bingo Challenge Guidelines

- Each participant will receive a bingo card along with detailed information on completing each task.
- The Challenge will be held from October 12th to November 27th to complete tasks.
- Completion of the challenge will be when participant connects 5 boxes in a row diagonally, vertically or horizontally.
- Completed cards must be received by December 4th to receive a prize.
- If you have physical limitations that do not allow you to complete certain tasks see the modifications available or contact the MWR Fitness Program Manager at 518-884-1581 or email Thomas.docherty@navy.mil
- Prizes will be given to all participants that complete 5 boxes in a row. A larger prize will be awarded to the first 5 participants to complete all tasks.

Challenge	Description	Modification/Options	Benefits
NOFFS 5-Week Conditioning Plan	Found at navyfitness.org A big focus of this bingo challenge is the NOFFS 5-week conditioning plan. This plan was created to help sailors get back into or keep in shape during these challenging times	Download the NOFFS app if you are not sure what an exercise is. If you can't complete a certain exercise because of a lack of equipment or a physical limitation, contact the MWR Fitness Program Manager to come up with substitutions or modifications (518-884-1581, Thomas.docherty@navy.mil)	The goal of the Navy Operational Fitness and Fueling System (NOFFS) program is to instruct individuals on how to physically train effectively and safely as well as make healthy food choices in both shore based and operational environments. NOFFS Focuses on improved physical performance, provide foundational and performance nutrition guidance and decrease the incidence and severity of musculoskeletal physical training related injuries.
Go for 30 minute bike ride	Accumulate 30 minutes on a bike indoors or outdoors.	Task can be substituted with another cardio machine you are comfortable with.	This is an easy way to get moving and start getting active again if it has been hard maintaining a fitness regimen during these crazy times.
Drink 64oz water	Drink 64oz of pure water within the day. Nothing added to the water except for maybe ice. A good goal would be to drink .5 ounce of water per pound of bodyweight (ex. Person that weighs 180 should drink 90oz of water daily)	Those with any dietary restrictions or medications that could be affected by this should consult with their physician prior to attempting this challenge.	Water is one of the most essential nutrients for the body. Your hydration level effects the majority of bodily functions from your energy level to brain function.

Read for 1 hour	Read something for self-improvement or enjoyment for at least one hour. Can be an article or book that is non-work related.	Need something to read you can visit our liberty center and pick up one of the library books there or join the MWR Digital Library.	Take some time to just sit and enjoy something you are interested in while stimulating your mind in a peaceful environment.
Log your food for 3 days	Using either an app or a journal log everything you eat or drink for 3 non-consecutive days within a 7 day period.	You can either use a pen and paper or download a food tracking app like Myfitnesspal or Loseit. Need help coming up with a meal plan use the NOFFS meal builder app.	The goal of this activity is to bring more awareness to your diet habits and create more mindful eating.
Complete 30 minutes of yoga	Spend 30 minutes doing any yoga form of your choice.	This can be done off your own experience, using a DVD or youtube as well.	Yoga is a great way to improve your strength and flexibility. It is also an amazing way to develop the mind body connection.
Eat the rainbow Challenge	Eat all the colors of the rainbow in fruits and vegetables within 1 day.	Need ideas, go to Navyfitness.org and check out the nutrition tab. There you will find NOFFS nutrition information and information about eating the rainbow.	Eating different colored fruits and vegetables will provide the body with a variety of nutrients the body needs to perform optimally.
Run or walk or row a 5k	Time yourself and see how long it takes you to run, walk or row a 5k	It is preferred that you complete the 5k at one time and not broken up. If you can't run the whole thing walk part of it. You can also break it up throughout the day if needed.	This is a great way to test your abilities and set a benchmark for yourself to see if your workouts have improved your fitness level.
Shoot 100 free throws in our new field house	Visit our new field house courts at NSA Saratoga springs. Head to our liberty center to get a basketball and the key and take 100 shots on the hoop.	This can be done outdoors as well and you are not limited to just free throws. Have some fun and just take 100+ shots at the hoop.	This is a fun and create way to get active and move the body. Increasing our level of physical activity greatly impacts our health.

Sleep 7-9 hours 3 days within a week	For three nights within a week sleep for 7+ hours	This does not apply to those with sleep disorders. If this is a challenge for you try to be in bed for the planned 7-9 hours of sleep with no electronics.	Sleeps vital role in our health and wellness is often overlooked. It is essential for the body to recover and essential for mental health and clarity.
Accumulate 5 minutes in plank in a day	Accumulate 5 minutes in a forearm plank with elbows placed directly under shoulders toes on the ground and a straight body from heels to the top of your head.	If you are having a hard time keeping a straight line for 10 seconds then modify by going to your knees and keep a straight line from your knees to your head.	The plank in its many forms should be a part of everyone's workout. It is a functional exercises that helps strengthen the core. It will also be a part of the next PRT cycle so time to get ready.(ALWAYS READY!)
Complete a MWR Fitness or sports survey online	Free Square! We appreciate you participating and would love some feedback. Please take the time to fill out one of our online surveys.	Surveys can be found at: FITNESS: https://www.surveymonkey.com/r/FitnessSaratogaSprings SPORTS: https://www.surveymonkey.com/r/SportsSaratogaSprings	These surveys help us analysis how we can better serve Sailors and their families as well as discover where we can make improvements.
Go out Canoeing/Kayaking/Stand up paddle boarding	Sometimes getting out on the water during the fall can be better than summer. It's less crowded and you can get a great view of the leaves changing. Just try not to get to wet might be a little chilly.	Don't have a canoe/kayak/paddle board? Visit our community recreation center and rent everything you need to complete the task.	Get out and enjoy some fresh air while performing some physical activity you might normally do.

Track your steps Do 10,000 steps in a day for 1 week	Using a fitness tracker watch, pedometer or your phone track your steps every day for a week. Get 10,000+ steps in each day.	If you don't have a tracker 10,000 steps is about 5 miles for the average person. Find a way to track your distance.	Walking is one of the most beneficial activity you can do. It's a simple way to increase your physical activity and keep healthy.
Play singles tennis or go golfing.	Go out and either play a few rounds of tennis or a round of golf.	If you need equipment visit our community recreation center and you will be able to find the equipment you need.	One of the best ways to improve our health and fitness is by increasing our general physical activity. These are two fun activities to increase general physical activity.
Do 100 push ups	PRT Challenge. Complete 100 pushups as fast as you can. With hands placed on the floor keep the body in a straight line from your feet to your head. (Time limit 1 day)	If regular pushups are a challenge, place your hands on a table and keep a straight line from your feet to your head. *If you have an injury that prevents you from completing this challenge consult with the MWR fitness program manager for a different option.	This is a good time to see where you are in your pushups so you can get ready for the next PRT. Pushups are also one of the best upper body exercises to build strength.
Pay it forward	Do something kind for someone within the community while maintaining social distancing.	Examples could be: Paying for someone's coffee in line behind you, send a nice note to a co-worker or neighbor, help rake or mow a neighbor's lawn.	This challenge helps promote positivity within the community especially during hard times.
500 Squats Challenge	Complete 500 bodyweight squats as fast as possible. 1 day and you're a rock star! Try to get it done within 2 days.	Standard bodyweight squat will be used for this challenge but if needed you can sit to a chair or use a chair/doorknob for support. Complete this challenge within your ability.	This will work your lower body and test your ability to plan and endure. Try to do 20-30 squats every hour.

Try a meditation practice	This can be done by downloading an app or simply taking a moment to sit in silence and work on breathing.	There are plenty of apps like Calm, Headspace and many more. This can also be done by finding a youtube video or simply just sitting and breathing.	Meditation is believed to have an abundant amount of benefits. Benefits could include; Reduced stress, improved focus and better sleep.
Eat Breakfast within 1 hour of waking up for 1 week straight	Begin fueling your body within 1 hour of waking up for 7 days straight. Need ideas for good breakfasts use the NOFFS meal builder app.	Those with any dietary restrictions or medications that could be affected by this should consult with their physician prior to attempting this challenge.	Eating a healthy breakfast primes the body for optimal performance for the day. It is trendy to skip breakfast these days but take this time to work on eating a breakfast to fuel performance and pay attention to how it makes you feel the rest of the day.
Go for a 3+ mile local hike	Find a hike that is 3+ miles and hit the trail.	This can be done simply through a local nature trail that is relatively flat or finding a trail on a mountain to climb.	As mentioned before there are plenty of health benefits that can come from going for a walk. Hiking is a great way to get fresh air and can be considered a form of meditation as well.