

# WELLBEING bingo individual card

Move More!  
Feel Great!

active  
CANTERBURY

5 rows! 5 weeks! 5 prize draws!



Complete 5 activities in a row between  
1 August & 4 September 2022 to be in TO WIN!\*

The more lines you complete, the more chances!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Which district do you live in? Christchurch Selwyn Waimakariri

\*Ts & Cs apply. See [www.activecanterbury.org.nz/being-active/wellbeing-bingo](http://www.activecanterbury.org.nz/being-active/wellbeing-bingo) for full details.

1

Participate in a group exercise class. You could try spin, circuits HITT, dance.

**YOUR CHOICE**  
**Kōwhiri**

Explore a wetlands area. Take notice of the biodiversity & beauty of nature.

Go along to a PT in the Park OR Park Run session on a Rāhoroi (Saturday) morning.

Spring clean the tika whare (garage) OR do some brisk house work. Put on some feel good beats!

2

Explore on wheels (bike, scooter etc) OR catch the pahi (bus) to a place of interest.

Do something active out of your comfort zone. Karawhiua! Go for it!

Visit your local awa (river). Find out about its cultural & historical significance.

Participate in a mind/body class. You could try Pilates, yoga or Tai Chi.

**YOUR CHOICE**  
**Kōwhiri**

3

Do something active in your lunch break OR park further away from work.

Plan a night walk and see if you can spot the Matariki star cluster.

**YOUR CHOICE**  
**Kōwhiri**

Go on a hightech treasure hunt! Find a geocache in your local area.

Do something active and pārekareka (fun) with someone else.

4

**YOUR CHOICE**  
**Kōwhiri**

Have an active play date with whānau or friends at the park or hōpua (pool).

Do an activity that makes you 'huff and puff' like climbing arapiki (stairs), star jumps or skipping.

Have a go at frisbee golf OR play a game of your choice that uses a ripi (frisbee).

Do 3 different online hei mahi (exercise) classes. Check out Island Dance Beats with Suli!

5

Do something in or near wai (water). You could paddle, swim, soak or simply enjoy being in nature.

Have a go at a hākinakina (sport) OR active pursuit you've never done before.

Prepare the garden for Kōanga (Spring) planting! Digging in compost is great for the soil.

**YOUR CHOICE**  
**Kōwhiri**

Complete a ngahere (forest) walk with friends. Pick a fine day and take a picnic.

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## How To Play



1. Fill in your contact details\*  
\* Details are for the purpose of contact for prize entry, follow up and are held privately by Active Canterbury.
2. Select a row of 5 activities to complete from the 5 options
3. Tick the box when you've completed the activity  
(you can do the activities in the row in any order)
4. Complete all the activities in the row
5. Take a photo of your card and email it to: [news@activecanterbury.org.nz](mailto:news@activecanterbury.org.nz)  
or send it via Facebook messenger to (@WellbeingBingo)  
or Instagram (@wellbeingbingo)

## Prize Information\*

\*Terms and conditions apply - visit the Active Canterbury website for more information.

There will be a prize draw each week.

Giveaway prizes include Gym Vouchers, Free Classes, Pool Passes, Outdoor Experiences, Sports Gear, and More!

The prize draw cut off dates are: Sunday 7, 14, 21, 28 August, 4 September by 5pm.

All correctly completed entries submitted by these dates will go into the weekly prize draw.

IMPORTANT: Only ONE completed row can be submitted per week.

Participants must reside in the Christchurch, Selwyn or Waimakariri districts to be eligible.

All correct entries (with at least one row completed) submitted over the 5 weeks will go into a final prize draw that will take place on Monday 5 September. Winners will be notified via phone and email.



For YOUR CHOICE boxes, you can choose any activity you like. It could be going for a walk, practicing some kapa haka, having a swim, doing some energetic house work, playing a traditional game or visiting a park. The only requirements are that you have to do the activity for least 30 minutes and the whole Whānau must participate.

For activity ideas, game instructions, ideas on places to visit and links to outdoors spaces, playgrounds, maps, resources and more, visit the Active Canterbury website [www.activecanterbury.org.nz](http://www.activecanterbury.org.nz)

**Mauri tū mauri ora** *An active soul is a healthy soul*

## FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE.  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD

## Supporters & Partners

This initiative was developed by the Active Canterbury Network - a coalition of local organisations that promote physical activity and support Cantabrians to lead active lives.

active  
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The Network is grateful for the giveaways and prizes received from the following organisations:

Christchurch  
City Council

WAIMAKARIRI  
DISTRICT COUNCIL

Selwyn  
DISTRICT COUNCIL

sport  
canterbury



North Canterbury  
SPORT & RECREATION TRUST

Pegasus  
partners in progress

HE WAKA TAPU

Me mahi tahi tātou mo te oranga o te whānau

