

Exercise can be fun! Play W-A-L-K-O, it's like Bingo!

Tuesday, April 7, 2020

Looking for fun ways to stay fit!? It's Time for W-A-L-K-O! It's BINGO while you walk! As a long time, regular dog-walker around Robson Circle I can't help but notice the increase in pedestrian and cyclist traffic while Casey and I stroll the streets. Alas, a positive to all this Coronavirus happenings. It's great to see so many folks out walking and cycling, all the while maintaining the "six feet of separation." I encourage you all to continue!

To help you pass the time while out on your strolls and rides, while also encouraging you to "Keep your head up, shoulders back, and posture as it should be," I've developed the game W-A-L-K-O! It's BINGO while out walking (or cycling). Print out the [WALKO cards](#) (there are two different cards on the sheet) and keep your eyes alert while walking, and see how many of the items you (and your walking partners) can spot. There's no prize, but it could be fun! Send me your feedback because I am curious if you enjoyed. WATCH FOR CARS, TOO!! You can email me at melissa.kallett@robson.com. Stay Healthy, wash your hands...and help flatten the curve. If you don't have a printer and need a W-A-L-K-O card, our friends in the Activities Office are happy to print you a set and hand it to you through their door (M-F, 9a.m. – 3p.m.); just give them a call at 623-535-9854.

Source: Melissa Kallett, Recreation Director