

Fitness Bingo Intervention Protocol



General Purpose: To add a positive health benefit and potential goal to a popular activity.

Population: All populations

Program Description: Fitness Bingo is a great way to get your clients moving, while they engage in a beloved activity. This intervention allows for a fitness/health goal to be achieved while they have fun too!

Client Problems that may be Addressed: Bingo assists in improving individuals coordination, concentration, and has social benefits. Exercise has immense benefits including improving health, stamina, and strength, decreasing stress, improving sleep, and having a longer, healthier life.

Contraindicated Criteria: Some clients may have physical limitation such as paralysis or a traumatic injury that may need additional adaptation for the client to participate.

Intervention Activity: Explain what Fitness Bingo is to your clients, and the benefits of including exercise into the game. Explain the rules, and begin.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification. Moreover, each staff member should be trained and educated in implementing an exercise intervention; understanding the benefits and/or risks that are involved in using exercise as an intervention.

Risk Management Considerations: Similar to any physical activity, injury can occur if not done properly. Moreover, be familiar with any serious illness/injury that your client may be experiencing so that you can provide appropriate adaptations.

Anticipated Outcomes: Clients will improve their cognitive abilities, mood, and their physical fitness with continued participation.

Program Evaluation: Staff will ask clients about their experience with Fitness Bingo and how they felt before and after the interventions identifying validity of the use of exercise and bingo combined as an appropriate and effective intervention.

Rules of Fitness Bingo

- Set the Bingo up normally
- With each letter/number called out, an exercise is implemented.
 - When an exercise is called out, each participant engages in the exercise with the facilitator showing them how the exercise is performed.
- This continues until someone has a straight line of mark squares either horizontally, vertically, or diagonally.
 - This is a Bingo
- Repeat
- Finish by asking how participants enjoyed the activity and discuss the benefit of exercise and the importance of continual exercise.

Fitness Bingo

1. Heal Lift
2. Bean Bag
3. Marching
4. Toe Life
5. Front and Back Neck Stretch
6. Take a Breath
7. Sunrise Arms
8. Legs up the wall
9. Rock N' Roll Feet
10. Take a Breath
11. Rowing
12. Picking Oranges
13. Shoulder Roll
14. Goal Post Wave
15. Bicep Curl
16. Take a Breath
17. Disco Arms
18. Neck Circles
19. Chicken Arms
20. Take a Breath
21. Left and Right Neck Stretch
22. Elbow to Knee
23. Wrist Roll
24. Chest Fly
25. Take a Breath
26. Disco Fingers
27. Ear to Shoulder
28. Punching
29. Fingers Pointing In and Out
30. Take a Breath
31. Hands to Shoulders
32. Pull Up
33. Finger Rolls
34. Cherry Picking
35. Take a Breath
36. Hand Wave
37. One leg lift—left/right
38. Point and Flex Toes
39. Picking Coconuts
40. Take a Breath
41. Shoulder Shrug
42. Knee to Chest
43. Arm Raises
44. Arm Windmill
45. Take a Breath
46. Back Twist
47. March in Place
48. Ankle Roll
49. Clapping Hands
50. Take a Breath