

Let Freedom Ring MWR Navy Fitness **BINGO CHALLENGE**

JULY 4-10

Freshen up your fitness and have the chance to win a Navy Exchange gift card.



#letfreedomringbingo



Visit www.navymwr.org/navy-mwr-at-home/fitness to get your Navy Fitness Bingo Challenge card.



MWR Navy Fitness BINGO CHALLENGE

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This event is open to all authorized MWR and NEX patrons.

Authorized NEX patrons who complete a vertical, horizontal or diagonal bingo are eligible to win one of 20 NEX \$50 gift cards. Winners will be selected at random when they send a picture of their completed bingo card to navymwrfitness@navy.mil.

Tag #letfreedomringbingo and post a participation picture on your favorite social media!



| B | I | N | G | O |
|---|---|--|---|---|
| Sleep 7 or more hours for 3 days | Accumulate 5 minutes in the lateral pillar bridge position on both sides in 1 day | Listen to "A Better Night's Sleep" podcast | Complete "Calming Yoga" | Participate in a Navy MWR virtual or in-person group exercise class |
| Complete 150 minutes of cardio | Complete 50 single-leg squats on each leg throughout the day | Complete 100 reverse lunges throughout the day | Participate in the MWR and NEX #RunForFreedom Virtual 5K | Drink adequate water throughout the day |
| Accumulate 5 minutes in the pillar bridge position in 1 day | Eat 5 different colored fruits or vegetables in 1 day | Free Space | Complete the NOFFS Total Body Regeneration workout | Complete the cardio conditioning in the NOFFS Operational Series |
| Listen to the "Military Meditation Coach" podcast | Go for a walk or jog after dinner | Complete 100 push-ups to lateral planks (alternating) throughout the day | Eat 5-7 servings of vegetables in one day | Eat a vegetable with your breakfast |
| Download a NOFFS Series mobile app and complete a NOFFS workout | Listen to the "Mindfulness Series" podcast | Use the NOFFS meal builder and plan your "perfect day" | Accumulate 5 minutes in a 1-leg glute bridge position on each leg | Complete 100 single-leg lowering reps throughout the day |

| TASK | DESCRIPTION | RESOURCE LINK |
|---|---|---|
| Sleep 7 or more hours for 3 days. | Get 7-9 hours of sleep for 3 nights in a 7-day period. | Additional information on the importance of sleep can be found at https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm . |
| Complete 150 minutes of cardio. | Complete the recommended amount of aerobic training during the event. Activities can be moderate or vigorous (e.g., gardening, walking, jogging). | Information on the importance of aerobic training can be found at https://medlineplus.gov/howmuchexercisedoineed.html . |
| Accumulate 5 minutes in the pillar bridge position in 1 day. | Hold a pillar bridge for 5 minutes over the course of a day. Recommend that five 1-minute holds or ten 30-second holds be completed. | Execution of the pillar bridge can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Pillar Prep, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |
| Listen to the "Military Meditation Coach" podcast. | The "Military Meditation Coach" podcast will help you strengthen your mind with a variety of meditation, mindfulness and relaxation exercises. | The podcast can be found at https://soundcloud.com/militarymeditationcoach or https://www.youtube.com/playlist?list=PL8PcXBrSYZ8HDDgICEPt0y50GSEXxR27c . |
| Download a NOFFS Series mobile app and complete a NOFFS workout. | Download the NOFFS Operational, Strength, Endurance, or Sandbag mobile application on your Android or iOS device. | Links to the apps can be found at https://www.navyfitness.org/fitness/noffs-training/noffs-overview/applications . |
| Accumulate 5 minutes in the lateral pillar bridge position on both sides in 1 day. | Hold a lateral pillar bridge for 5 minutes (each side). We recommend alternating five 1-minute or ten 30-second holds on each side over the course of a day. | Execution of the lateral pillar bridge can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Strength B, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |
| Complete 50 single-leg squats on each leg throughout the day. | Perform 50 single-leg squats on each leg throughout the day. We recommend completing the squats in multiple sets of 10-20. | Execution of the single-leg squat can be found in the virtual trainer of the NOFFS Operational, Surface Ship Series, Strength A, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |
| Eat 5 different colored fruits or vegetables in one day. | The color of fruits and vegetables support various bodily functions. Consuming multiple colors of fruits and vegetables can improve overall well-being. | Details on the importance of vegetables can be found on page 10 of the NOFFS fueling strategies at https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads . |
| Go for a walk or jog after dinner. | Within 30 minutes of finishing your meal, go for a walk that is at least 15 minutes. Walking aids in the digestion of food and improves blood sugar levels. | |
| Listen to the Military Family Learning Network "Mindfulness Series" podcast. | Listen to one of the three podcasts to learn how to balance work and life stressors. | The podcast is available at https://militaryfamilieslearningnetwork.org/series/mfln-mindfulness-series/ . |
| Listen to "A Better Night's Sleep" podcast. | Listen to an episode of the Defense Health Agency's "A Better Night's Sleep" podcast to learn about proven treatments for sleep disorders and improved sleep quality. | The podcast is available at https://soundcloud.com/abetternightssleep . |
| Complete 100 reverse lunges throughout the day. | Perform 100 reverse lunges (50 per leg) throughout the day. Recommend the lunges be completed in multiple sets of 10. | Execution of the reverse lunges can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Cardio Conditioning, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |

| TASK | DESCRIPTION | RESOURCE LINK |
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| Complete 100 push-ups to lateral planks (alternating) throughout the day. | Perform 100 push-ups to lateral pillar bridges (alternating) throughout the day. We recommend completing them in multiple sets of 10. | Execution of the push-up to lateral plank can be found in the virtual trainer of the NOFFS Sandbag Series, 60 min, Phase 3, Workday A, Stage A, at https://www.navyfitness.org/fitness/noffs-training/sandbag-series/virtual-trainer . |
| Use the NOFFS meal builder and plan your "perfect day." | Use the NOFFS meal builder to plan your perfect day. | The meal builder can be found at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-meal-builder . |
| Complete "Calming Yoga." | Complete the Calming Yoga session provided by the Human Performance Resources Center. | The podcast can be viewed at https://www.youtube.com/embed/ZWp0JwKk7nA . |
| Participate in the MWR and NEX #RunForFreedom Virtual 5K. | Participate in the MWR and NEX #RunForFreedom Virtual 5K. | The details are available at https://www.mynavyexchange.com/nextlevel5k . |
| Complete the NOFFS Total Body Regeneration workout. | A critical component of physical activity is regeneration. Regeneration brings balance back to the body, helping to relieve tension and associated aches and pains while enhancing your body's response to the training. | The NOFFS Regeneration Series is located at https://www.navyfitness.org/fitness/noffs-training/regeneration . |
| Eat 5-7 servings of vegetables in 1 day. | Consume 5-7 servings of vegetables in one day. A serving of vegetables is considered: 1 cup of raw vegetables 1 cup of cooked vegetables 6 ounces of most vegetable juices | Details on the importance of vegetables can be found on page 10 of the NOFFS fueling strategies at https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads . |
| Accumulate 5 minutes in a 1-leg glute bridge position on each leg. | Hold a single-leg glute bridge for 5 minutes (each leg). We recommend alternating five 1-minute or ten 30-second holds on each side over the course of a day. | Execution of the pillar bridge can be found in the virtual trainer of the NOFFS Operational, Submarine Series, 60 min, Stage A, Level 3, Strength B, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |
| Participate in a Navy MWR virtual or in-person group exercise class. | Participate in a Navy MWR virtual or in-person group exercise class. | Visit an installation's MWR website or MWR Facebook page for information on upcoming or recorded group exercise classes. |
| Drink adequate water throughout the day. | Water should be your main source of hydration. To stay hydrated, drink 0.5 - 1 ounce of fluid per pound, per day, of water. (There are about 33 ounces in a liter). | More information on hydration can be found on pages 12-13 of the NOFFS fueling strategies at https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads . |
| Complete the cardio conditioning in the NOFFS Operational Series. | Complete the cardio conditioning in the NOFFS Operational Series. | Execution of the cardio conditioning exercises can be found in the virtual trainer of the NOFFS Operational, Submarine Series, 30 min, Stage A, Level 1, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |
| Eat a vegetable with your breakfast. | Consume a serving of vegetables with your breakfast. | Vegetables provide important sources of many nutrients to sustain health. Additional information on the benefits of vegetables can be found at https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health#:~:text=(Sauces%20or%20seasonings%20may%20add,to%20maintain%20healthy%20blood%20pressure . |
| Complete 100 single- leg lowering reps throughout the day. | Complete 50 single-leg lowering reps per leg. Recommend sets of 10 be completed over the course of a day. | Execution of the single-leg lowering reps can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Strength B, at https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer . |