

Isle Health BINGO

Your Park Exercise BINGO Card! #1

Side
Lunges

Push Ups

Dips

High Knees

Walking
Body
Squats

Body
Squats

Calf
Raises

Lunges

Heel Flicks

We hope you have fun moving, it's a lighthearted and informal way to celebrate what your body **CAN** do rather than what it can't!

If you'd like more information on our services or to take your training to the next level with one of our coaches, visit our website: www.islehealth.co.uk