

Send us your completed Bingo card...



Name: _____

Age: _____

Address: _____

Tel: _____

Email: _____

Go4Life is a North Somerset Partnership initiative which aims to encourage and support local people to lead healthier lives.

We do this by promoting healthy eating, developing new ways for people to get active and making it easier for them to get involved, even if they might normally find it difficult.

Please provide an email address above so we can update you with news on getting active in North Somerset.

By signing below you give permission to be contacted about Go4Life in future.

Signature: _____ Date: _____

I can confirm that the above named person completed the Go4Life Bingo challenge as detailed overleaf

Signature: (friend/relative) _____ Date: _____

Please send this completed form to: Sport and Active Lifestyles team, North Somerset Council, Town Hall, Walliscote Grove Road, Weston-super-Mare, BS23 1UJ.

21.08.09/11

Disclaimer: North Somerset Partnership in accordance with the data protection act will hold any personal information supplied. This information will be used as part of the Go4Life scheme only and will not be passed on to any other organisation.



Go4Life Bingo!



How it works...

Go4Life brings you an exciting challenge that's an ideal way to get active.

Your challenge is to complete the Bingo card overleaf by having a go at the activity boxes.

Start with the bronze activities and cross them off as you go. Once you have completed the eight boxes, move on to the silver activities, then the gold ones!

See how far you can get and you'll receive either a bronze, silver or gold award once you've sent in your form.

If you need any help with the challenge or would like more information about Go4Life, please call the Sport and Active Lifestyles team on **01275 882 730** or visit **www.go4life.org**

Use this Bingo challenge to motivate yourself to take some small steps towards a more active life!



Your Go4Life Bingo card

BRONZE

SILVER

GOLD

Walk up
a hill

Exercise whilst
watching TV

Go to a session
from the Active
Directory*

Try a new
sport or
activity

Attend a
Go4Life
initiative

Eat five portions
of fruit or veg
in a day

Dance for
half-an-hour

Give up crisps
or biscuits for
a week

Visit a local
park for
a stroll

Phone
01275
882 730

Sign up to the
Olympic Gold
Challenge

Play a game
outdoors with
family or friends

Drink eight
glasses of
water in a day

Organise a
walk for family
or friends

Walk up
stairs ten times
in a day

Visit a local
gym or
leisure centre

visit
www.goldchallenge.org

or phone
01275 882 730

Eat breakfast
every day
for a week

Add your own

Avoid adding
any salt to your
food for a week

Add your own

Phone
01934
427 222

Pick up your free copy of the Go4Life Active Directory from your local library or leisure centre.
To order a copy call 01275 882 730 or to download a PDF version visit www.go4life.org