

# 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](http://www.navymwr.org/navy-mwr-at-home/fitness) to get your Navy Fitness Bingo Challenge card.





# MWR Navy Fitness BINGO CHALLENGE

**JULY 4-10**

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](mailto: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 in 1 day (right side)	Listen to "A Better Night's Sleep" podcast	Complete "Calming Yoga"	Accumulate 5 minutes in the lateral pillar bridge position in 1 day (left side)
Complete 150 minutes of cardio	Complete 100 squats throughout the day	Complete 100 reverse lunges throughout the day	Participate in the MWR and NEX #FoundedOnFreedom Virtual 5K	Drink your body weight in 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	<b>Free Space</b>	Perform 100 reverse crunches	Complete a NOFFS Series workout
Listen to the "Military Meditation Coach" podcast	Go for a walk or jog after dinner	Complete 100 push-ups throughout the day	Eat 5-7 servings of vegetables in one day	Eat a vegetable with your breakfast
Download a NOFFS Series mobile app	Listen to the "Mindfulness Series" podcast	Use the NOFFS meal builder and plan your "perfect day"	Accumulate 5 minutes in the glute bridge position in 1 day	Complete 100 single leg lowering reps throughout the day

TASK	DESCRIPTION	RESOURCE LINK
<b>Sleep 7 or more hours for 3 days.</b>	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 <a href="https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm">https://www.cdc.gov/chronicdisease/resources/infographic/sleep.htm</a> .
<b>Complete 150 minutes of cardio.</b>	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 <a href="https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html#:~:text=For%20substantial%20health%20benefits%2C%20adults,or%20an%20equivalent%20combination%20of">https://www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html#:~:text=For%20substantial%20health%20benefits%2C%20adults,or%20an%20equivalent%20combination%20of</a> .
<b>Accumulate 5 minutes in the pillar bridge position in 1 day.</b>	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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
<b>Listen to the "Military Meditation Coach" podcast.</b>	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 <a href="https://soundcloud.com/militarymeditationcoach">https://soundcloud.com/militarymeditationcoach</a> or <a href="https://www.youtube.com/playlist?list=PL8PcXBrSYZ8HDDglCEPt0y50GSEXxR27c">https://www.youtube.com/playlist?list=PL8PcXBrSYZ8HDDglCEPt0y50GSEXxR27c</a> .
<b>Download a NOFFS Series mobile app.</b>	Download the NOFFS Operational, Strength, Endurance, or Sandbag mobile application on your Android or iOS device.	Links to the apps can be found at <a href="https://www.navyfitness.org/fitness/noffs-training/noffs-overview/applications">https://www.navyfitness.org/fitness/noffs-training/noffs-overview/applications</a> .
<b>Accumulate 5 minutes in the lateral pillar bridge position in 1 day (right side).</b>	Hold a lateral pillar bridge for 5 minutes. Recommend that five 1-minute or ten 30-second holds be completed 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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
<b>Complete 100 squats throughout the day.</b>	Perform 100 squats over the course of a day. Recommend the squats be completed in multiple sets of 10.	Execution of the squats can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Strength A, at <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
<b>Eat 5 different colored fruits or vegetables in one day.</b>	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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads">https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads</a> .
<b>Go for a walk/jog after dinner.</b>	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.	
<b>Listen to the Military Family Learning Network "Mindfulness Series" podcast.</b>	Listen to one of the three podcasts to learn how to balance work and life stressors.	The podcast is available at <a href="https://militaryfamilieslearningnetwork.org/series/mfln-mindfulness-series/">https://militaryfamilieslearningnetwork.org/series/mfln-mindfulness-series/</a> .
<b>Listen to "A Better Night's Sleep" podcast.</b>	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 <a href="https://soundcloud.com/abetternightssleep">https://soundcloud.com/abetternightssleep</a> .
<b>Complete 100 reverse lunges throughout the day.</b>	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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .

TASK	DESCRIPTION	RESOURCE LINK
Complete 100 push-ups throughout the day.	Perform 100 push-ups throughout the day. Recommend the push-ups be completed in multiple sets of 10.	Execution of the push-ups can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Strength A, at <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-meal-builder">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-meal-builder</a> .
Complete "Calming Yoga."	Complete the Calming Yoga session provided by the Human Performance Resources Center.	The podcast can be viewed at <a href="https://www.youtube.com/embed/ZWp0JwKk7nA">https://www.youtube.com/embed/ZWp0JwKk7nA</a> .
Participate in the MWR and NEX #FoundedOnFreedom Virtual 5K.	Participate in the MWR and NEX #FoundedOnFreedom Virtual 5K.	The details are available at <a href="https://cloud.navyexchg.com/FoundedOnFreedom5K">https://cloud.navyexchg.com/FoundedOnFreedom5K</a> .
Perform 100 reverse crunches.	Perform 100 reverse crunches throughout the day. Recommend the crunches be completed in sets of 10.	Execution of the reverse crunches can be found in the virtual trainer of the NOFFS Strength Series, 75-minute duration, Phase 1, Workday B, at <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads">https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads</a> .
Accumulate 5 minutes in the glute bridge position in 1 day.	Complete a total of 100 glute bridges throughout the day. Recommend the glute bridges be completed in sets of 10.	Execution of the glute bridge can be found in the virtual trainer of the NOFFS Operational, Submarine Series, Pillar Prep, at <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
Accumulate 5 minutes in the lateral pillar bridge position in 1 day.	Hold a lateral pillar bridge for 5 minutes. Recommend the pillar bridge be completed in five 1-minute holds or ten 30-second holds 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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .
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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads">https://www.navyfitness.org/fitness/noffs-training/operational-series/downloads</a> .
Complete a NOFFS Series workout.	Use the mobile app you downloaded to visit <a href="http://www.navyfitness.org">www.navyfitness.org</a> and complete the workout using the virtual trainer. Recommend starting with the NOFFS Operational Series, Level 1 Stage A, if you are not used to regular physical activity.	The NOFFS Series virtual trainer can be found at <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series">https://www.navyfitness.org/fitness/noffs-training/operational-series</a> .
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 <a href="https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health#:~:text=(Sauces%20or%20seasonings%20may%20add,to%20maintain%20healthy%20blood%20pressure">https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-nutrients-health#:~:text=(Sauces%20or%20seasonings%20may%20add,to%20maintain%20healthy%20blood%20pressure</a> .
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 <a href="https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer">https://www.navyfitness.org/fitness/noffs-training/operational-series/virtual-trainer</a> .