



2021

UPPSALA
UNIVERSITET

Bike-Focused Health Bingo for Students

Winter is coming and we encourage you to see it in on your bike!

Never mind snow and slush – you can carry on cycling anyway. Equip yourself (and your bike) with studded tyres, [lights, reflectors and helmet](#) and you'll be well prepared.

We hope this health bingo can encourage you to keep moving, relax, and use sustainable and safe means of transport, even in the winter.

Put a cross in a box when you have carried out the activity in the box. When you have filled in five boxes in a row, you have bingo. Photo your bingo card or send it electronically to malin.gustafsson.nyqvist@uu.se to win a thermos mug (1st-2nd prize) or a water bottle (3rd-4th prize), **no later than December 1, 2021.**

The working group for a Bike-Friendly Workplace at Uppsala University wishes you good luck!

Went for a morning cycle	Learned something new	Physical activity of any kind for at least 30 minutes	Cycled to an outdoor activity, e.g. mini golf or paddle court	Persuaded or inspired someone else to do physical activity
Did a relaxation exercise	Physical activity of any kind for at least 15 minutes outdoors	Walked in the woods	Cycled 5 km in one day	Physical activity of any kind for at least 30 minutes
Went for a weekend outing by bike	Cycled 5 km in one day	Read Rules for cyclists	Stocked up on vitamin D out in the sun	Went for a walk at lunchtime
Learned something new	Went shopping by bike	Had my phone switched off all evening	Physical activity of any kind for at least 30 minutes outdoors	Cycled to an outdoor activity, e.g. mini golf or paddle court
Persuaded or inspired someone else to do physical activity	Did a relaxation exercise	Physical activity of any kind for at least 15 minutes	Went for a bike ride at lunchtime	Cycled 10 km in one day