Food Bank of the Albemarle
Fighting Hunger in Northeast NC
FEEDING AMERICA

# LIFT TO END HUNGER

- ✓ Get Fit
- ✓ Eat Healthier
- ✓ Give Back to the Community

REGISTER HERE FOR FREE

ECSU ELIZABETH CITY STATE UNIVERSITY

thatlife FITNESS

The GYM

FOUNDATION FITNESS NC

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## workout bingo

| | | | |
|---|---|---|---|
| **$4** SET A NEW PR | **$5** LEG DAY | **$4** TRY A NEW WORKOUT | **$5** ARM DAY |
| **$3** WALK/RUN/ JOG A MILE | **$4** 10 MINUTES ON A CARDIO MACHINE | **$5** CHEST DAY | **$3** 1 MINUTE PLANK |
| **$4** TRY A NEW MACHINE | **$10** REST DAY | **$5** BACK DAY | **$4** YOGA AND/OR DEEP STRETCH |
| **$3** WALK/RUN/ JOG A MILE | **$5** CARDIO DAY | **$4** SET A NEW PR | **$4** TRY A NEW WORKOUT |

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# HOW IT WORKS

1. Become or maintain membership at any gym and fill out the online form

2. Post your bingo card on your social accounts asking friends and family to donate towards a bingo square. Accept donations in cash, venmo, or any other platform you use.

3. Hold yourself to it! Participate in the square activity the next time you are at the gym. Cross off the square on your next social post and keep going!

4. Complete your entire bingo card by January 31st! Submit donations on FBA donation site with your gym's name in the subject.

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# SUBMIT YOUR FUNDS!

Once you complete your bingo card and have collected money through the platform of your choice it's time to submit to FBA!

Visit afoodbank.org/lift


In the top line, put the gym name you participated with


Submit your funds by January 31st! Cash & Check can be dropped off to 109 Tidewater Way

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