How to use this word pack

CHAIR ACTIVITY BINGO

This pack contains 30 different player cards and a matching named host list. Give each person a different numbered card. For a word-matching game, read one entry at a time and mark the matching square. Agree on a winning pattern and check a claim against the called entries. A completed line is a game result, not a health assessment.

The 3 x 3 chair list has five movement names and three optional comfort/break prompts. No movement is needed for word-matching play. For an activity round, use only movements already suitable for your group and follow your leader's agreed adaptations. Printed names are not exercise instructions. The NHS reference below explains the movements and chair setup; check suitability with a health professional if uncertain.

Edit the prepared list at https://printablebingocards.co/fitness/

References for names, format and context (no endorsement claimed):

https://www.nhs.uk/live-well/exercise/sitting-exercises/



Card 001 • Set CHAIR • Free printable

Upper-body twist	Comfort check	Water break
Chest stretch	**FREE**	Rest break
Hip marching	Neck rotation	Ankle stretch



Card 002 • Set CHAIR • Free printable

Rest break	Chest stretch	Water break
Upper-body twist	**FREE**	Comfort check
Hip marching	Ankle stretch	Neck rotation



Card 003 • Set CHAIR • Free printable

Upper-body twist	Rest break	Neck rotation
Comfort check	**FREE**	Chest stretch
Ankle stretch	Water break	Hip marching



Card 004 • Set CHAIR • Free printable

Ankle stretch	Hip marching	Water break
Upper-body twist	**FREE**	Rest break
Neck rotation	Comfort check	Chest stretch



Card 005 • Set CHAIR • Free printable

Upper-body twist	Comfort check	Neck rotation
Ankle stretch	**FREE**	Hip marching
Chest stretch	Water break	Rest break



Card 006 • Set CHAIR • Free printable

Hip marching	Upper-body twist	Ankle stretch
Water break	**FREE**	Neck rotation
Rest break	Chest stretch	Comfort check



Card 007 • Set CHAIR • Free printable

Water break	Chest stretch	Rest break
Ankle stretch	**FREE**	Upper-body twist
Hip marching	Comfort check	Neck rotation



Card 008 • Set CHAIR • Free printable

Hip marching	Upper-body twist	Rest break
Water break	**FREE**	Chest stretch
Neck rotation	Ankle stretch	Comfort check



Card 009 • Set CHAIR • Free printable

Comfort check	Water break	Hip marching
Neck rotation	**FREE**	Ankle stretch
Chest stretch	Rest break	Upper-body twist



Card 010 • Set CHAIR • Free printable

Rest break	Comfort check	Hip marching
Upper-body twist	**FREE**	Neck rotation
Ankle stretch	Water break	Chest stretch



Card 011 • Set CHAIR • Free printable

Rest break	Upper-body twist	Hip marching
Water break	**FREE**	Neck rotation
Comfort check	Chest stretch	Ankle stretch



Card 012 • Set CHAIR • Free printable

Neck rotation	Ankle stretch	Water break
Rest break	**FREE**	Hip marching
Comfort check	Chest stretch	Upper-body twist



Card 013 • Set CHAIR • Free printable

Hip marching	Rest break	Comfort check
Ankle stretch	**FREE**	Chest stretch
Neck rotation	Upper-body twist	Water break



Card 014 • Set CHAIR • Free printable

Upper-body twist	Comfort check	Rest break
Neck rotation	**FREE**	Chest stretch
Hip marching	Ankle stretch	Water break



Card 015 • Set CHAIR • Free printable

Water break	Neck rotation	Rest break
Ankle stretch	**FREE**	Hip marching
Upper-body twist	Comfort check	Chest stretch



Card 016 • Set CHAIR • Free printable

Comfort check	Ankle stretch	Water break
Rest break	**FREE**	Hip marching
Neck rotation	Chest stretch	Upper-body twist



Card 017 • Set CHAIR • Free printable

Hip marching	Water break	Ankle stretch
Comfort check	**FREE**	Rest break
Neck rotation	Chest stretch	Upper-body twist



Card 018 • Set CHAIR • Free printable

Ankle stretch	Water break	Rest break
Hip marching	**FREE**	Neck rotation
Comfort check	Chest stretch	Upper-body twist



Card 019 • Set CHAIR • Free printable

Neck rotation	Water break	Ankle stretch
Chest stretch	**FREE**	Upper-body twist
Hip marching	Rest break	Comfort check



Card 020 • Set CHAIR • Free printable

Rest break	Neck rotation	Comfort check
Upper-body twist	**FREE**	Hip marching
Ankle stretch	Chest stretch	Water break



Card 021 • Set CHAIR • Free printable

Upper-body twist	Neck rotation	Water break
Rest break	**FREE**	Ankle stretch
Hip marching	Chest stretch	Comfort check



Card 022 • Set CHAIR • Free printable

Rest break	Upper-body twist	Comfort check
Hip marching	**FREE**	Ankle stretch
Neck rotation	Chest stretch	Water break



Card 023 • Set CHAIR • Free printable

Comfort check	Neck rotation	Chest stretch
Ankle stretch	**FREE**	Water break
Hip marching	Upper-body twist	Rest break



Card 024 • Set CHAIR • Free printable

Comfort check	Chest stretch	Ankle stretch
Hip marching	**FREE**	Rest break
Neck rotation	Water break	Upper-body twist



Card 025 • Set CHAIR • Free printable

Upper-body twist	Neck rotation	Ankle stretch
Rest break	**FREE**	Comfort check
Chest stretch	Water break	Hip marching



Card 026 • Set CHAIR • Free printable

Hip marching	Chest stretch	Comfort check
Neck rotation	**FREE**	Upper-body twist
Ankle stretch	Water break	Rest break



Card 027 • Set CHAIR • Free printable

Chest stretch	Rest break	Hip marching
Water break	**FREE**	Comfort check
Neck rotation	Ankle stretch	Upper-body twist



Card 028 • Set CHAIR • Free printable

Neck rotation	Upper-body twist	Hip marching
Chest stretch	**FREE**	Rest break
Comfort check	Water break	Ankle stretch



Card 029 • Set CHAIR • Free printable

Hip marching	Upper-body twist	Chest stretch
Neck rotation	**FREE**	Ankle stretch
Water break	Comfort check	Rest break



Card 030 • Set CHAIR • Free printable

Chest stretch	Upper-body twist	Comfort check
Ankle stretch	**FREE**	Hip marching
Rest break	Neck rotation	Water break

CHAIR ACTIVITY BINGO • host item list

Read items in a shuffled order. Each item is called once.

01 Chest stretch

02 Upper-body twist

03 Hip marching

04 Ankle stretch

05 Neck rotation

06 Water break

07 Rest break

08 Comfort check