

Health and Wellness Bingo

BINGO Challenge!

Your challenge for the month of February is to complete a healthy lifestyle BINGO.

A “BINGO” must have 5 crossed off boxes in a row - vertically, horizontally or diagonally.

Drink 8 cups of water every day	Exercise with a friend at least 3 times every week	Take a daily multi-vitamin if your diet is not well balanced	Listen to relaxing music for 15 minutes 3 times a week	Limit white bread and rice to no more than once a week
Eat vegetables every day	Get screened for diabetes	Pack a lunch instead of eating out	Read a book from beginning to end	Dance for 15 minutes a day 3 times every week
Video chat with a friend	Check your blood pressure at least once a month	Exercise for 30 minutes a day 3 times a week	Plan meals for the week	Plan vacation or personal time away from work
Take 15 minutes to walk at lunch at least 3 times a week	Sleep at least 7 hours a day	Contact and chat with 2 old friends	Avoid large meals or heavy snacking 2-3 hours before bed	Schedule a screening test – mammogram, pap smear, etc.
Practice 10 minutes of quiet time/meditation/prayers daily	No sugary drinks (juice, soft drinks, etc.)	Schedule a yearly exam with your doctor	Try a new type of exercise at least once per week	Limit alcoholic drinks to maximum of once a week