






# HEALTHY BINGO

## B I N G O

Eat a plant-based diet for 2 days in 1 week	Schedule your annual checkup with your doctor	Schedule 1 hour a day of quiet time every day for a week	Replace soda with water for an entire week	Get your blood pressure and cholesterol levels checked
Get 30 minutes of exercise for 4 days in 1 week	 Write down 4 things you're grateful for	Volunteer your time for 2 hours or more this week	Try a vegetable you've never eaten before	 Plan a family exercise outing
Replace TV time with an outside activity 2 nights a week for 2 weeks	Eat 5 servings of fruits and vegetables for 3 days in a row	Call a friend or family member just to say hello	Schedule your 6-month checkup with your dentist	Wear sunscreen every day for 1 week 
Get at least 7 hours of sleep for 5 days in a row 	Add weights to your exercise program for 2 days in 1 week	Read a new book 	Take 10,000 steps a day for 2 weeks	Eliminate sweets for 3 days in a row
Replace white bread with whole grain for 2 weeks	Floss every day for 1 week	Drink 8 cups of water every day for 5 days in a row	Write down 3 things that stress you out, then talk with a friend	Try a yoga class or other stretching exercise

See page two for additional information.





# THE RULES OF HEALTHY BINGO

## What is it?

Healthy Bingo is a month-long challenge designed to encourage you to try a variety of activities to improve your well-being. This is a fun way to experience and learn new ways to live a healthier, happier lifestyle.

## How does it work?

If you've ever played Bingo, the rules should be easy to understand.

1. Complete as many healthy activities as you can during the month.
2. As you complete an activity, mark off the relevant square.
3. Just like Bingo, you "win" by completing 5 activities in a row - vertically, horizontally or diagonally.
4. If a raffle or prize is offered by your employer, you will receive one entry for every BINGO row you complete, up to 5 entries per person.



This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

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