



# HEALTHY BINGO

Playing bingo just got healthier. Take the challenge and learn new ways to get on a winning path to better health.

## Eat healthy and thrive.

- › Choose a variety of colorful fruits and vegetables.
- › Drink more water and fewer sugary drinks.

## Get up and get moving.

- › Make little changes, like taking the stairs instead of the elevator.
- › Do something for you, and make it fun.

## Zen-out and calm down.

- › Take a break from stressors.
- › Talk with someone about your worries.

## Have a heart-to-heart talk with friends and family.

- › Communicate often, and listen to your loved ones as often as you speak.
- › Make the time to let those you care about know that you are thinking about them.

**Take the Healthy Bingo challenge**

**Together, all the way.®**



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.

Your employer sponsors this program and is solely responsible for administering any of the prizes that might be awarded. Contact your employer for full details.

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