








HEALTHY BINGO

Contact information:

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	 Add weights to your exercise program for 2 days in 1 week	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	 Take 10,000 steps a day for 2 weeks	Try a yoga class or other stretching exercise	Wear sunscreen every day for 1 week
Get at least 7 hours of sleep for 5 days in a row	Write down 4 things you're grateful for	Read a new book	 Schedule your 6-month checkup with your dentist	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	 Call a friend or family member just to say hello

See page two for additional information.

Together, all the way.®

