








# HEALTHY BINGO

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

See page two for additional information.

Together, all the way.®



## 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 five activities in a row – vertically, horizontally or diagonally.
4. If a prize is offered by your employer, you will receive one entry for every BINGO row you complete, up to five 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.

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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