

Be Well **B-I-N-G-O**

From your SMSD Fitness Center!



Start date: Monday, October 21st (through November 25th)

How do I play?:

Each Monday, there will be a new Bingo card. You can pick one up at the Fitness Center, or find it on the Staff Wellbeing page of the district website. Complete and cross off as many healthy activities/behaviors as you can to make a “Bingo” (horizontal, vertical, diagonal).

Turning in your card:

The deadline for each week’s card will be the following Tuesday. For example, the first week’s card is for Oct. 21st- 27th, and it is due Tuesday, Oct. 29th. You can submit your card by email, or in-person at the Fitness Center.

Who can play?

Any and all district employees, their spouses, and dependents!

How do I win a prize?

Each Tuesday, we will draw one Bingo card from the pot of those turned in by that week’s deadline. Prizes will vary weekly, and can either be picked up at the Fitness Center, or delivered to your building.

Let’s build healthy habits!