

Week 4: BE Nov 11-17	W	E	L	L
Replace one of your usual, not-so-healthy beverages with water	Get someone else to join bingo and/or the Fitness Center.	Find a way to lighten up your favorite recipe	I made time for some sort of exercise today <i>(can be anything!)</i>	Make an effort to keep healthy! Vitamin C, hand washing, etc.
Incorporate screen breaks- at work or home. Exercise is a great screen break ☺	Include 1 more cup of veggies than usual in your diet	Do something for your brain. Read, puzzle, Sudoku, crossword, etc.	30 second plank before bed at least 2 days this week	Teach someone your favorite exercise
Log your food in an app or journal	I took time to do a hobby I enjoy at least once this week	FREE SPACE	Get that one thing done that's been on your to-do list for <u>weeks</u> ☺	Set a goal for a new habit or hobby <i>(get ahead of your New Year's resolution!)</i>
Try 1 yoga pose to stretch. <i>Ask someone for help or ideas if you're unsure!</i>	Talk/email/text, etc. a friend or coworker about starting a healthy habit together	Do at least 10 push-ups while watching TV	15 minutes, or more, of strength/resistance exercise at least 1 day this week	Posture, posture, posture! Avoid hunching.
Compliment someone on their wellness/health efforts	I've completed and turned in at least 1 bingo card so far ☺	Try a nutritious snack option. Veggies, fruit, nuts, yogurt	<u>Don't</u> spend time scrolling your phone when you first wake up	Your own healthy habit:

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