

Wellness Bingo

30 minutes cardiovascular exercise	Read a food label	15 minutes of stretching	Find a new healthy snack	Clean a closet
Got milk?	Drink at least 6 - 8oz glasses of water	Try a new strength training exercise	Give a hug	Spend time at a hobby
Complete a Crossword or Sudoku puzzle	Try a new recipe	Make a smoothie for a snack	Run/Walk 2 miles	Write down your grocery list
Floss daily	Tell someone you appreciate them	Go for a walk with a friend or co-worker	45 minutes of cardiovascular exercise	Park in the back of the parking lot- enjoy the walk
Try a new exercise	60 minutes of cardiovascular exercise	10 push-ups	Take a break-stretch at work	Avoid soda for the day

Consider having a friendly competition with your co-workers or take it home and complete it with your family and friends. Create a fun trophy or give the winner a special healthy prize.

Provided by PartnerSHIP 4 Health
 Workplace Wellness Learning Cohort available
 For more information, contact Karen Nitzkowski,
knitzkowski@gmail.com, 701-371-9644

