

Wellness Bingo



WELLNESS PROGRAM

| | | | | |
|--|----------------------|---|---|--|
| Try a new recipe | Walk 1 mile | Movement snack | Mindful minute | Practice deep breathing  |
| Hit 10,000 steps | Make a time map | Get outside for 10 minutes  | Take a night walk | Create a smart goal |
| Identify barriers to your goals | Take a workout class |  | Walk 2 miles | Try a new protein |
| Make a list of positive statements | Try a new fruit | Try a new veggie | Control your portions  | Develop a fruit or veggie streak |
| Drink 64 oz. of water today  | Make a healthy swap | Stick to your goal for one week | Walk 5 miles in 1 day | Exercise 3 times this week |

Visit winterstreak.org for resources and tools to support many of the activities listed above.

