



# 2022 WINTER COMMUNITY *bingo board*

When an activity is complete, mark an X in the square. A BINGO occurs when a person gets 5 across, diagonally or down. Try a blackout BINGO for extra fun! Return completed bingo card to City-County Health District (415 2nd Avenue NE, Valley City) by March 31 for a prize drawing.

10 minute walk outside	15 minute stretch	drink a smoothie	take 5 deep breaths	call a friend
eat breakfast	10 toe touches	try a healthy recipe	take a 3 hour tech break	complete a random act of kindness
drink 1 cup of water before meals	get 7-8 hours of sleep	what are you grateful for today?	walk with a friend	10 pushups
no sugary drinks for 1 day	eat a red fruit or veggie	25 jumping jacks	read for 20 minutes	start journaling or write a letter
plan a weeks worth of menus	eat a protein food for breakfast	20 arm circles	eat a green fruit or veggie	march in place for 2 minutes

Name and Phone Number: \_\_\_\_\_

**GET MOVING!**

**EAT HEALTHY!**