

# Worksite Wellness Bingo

Participating in Worksite Wellness Bingo is fun and healthy!

Just mark off each square with an "X" and the date when you complete the activity.

Name: \_\_\_\_\_ Extension: \_\_\_\_\_

Eat breakfast 5 days this week.	Deskercise: stand, take 5 deep breaths, stretch or walk for 3 minutes two times today.	Get at least 30 minutes of moderate-to-high-intensity exercise for 3 days this week.	Identify your S.M.A.R.T. wellness goal for the month. _____ _____	Determine your caloric intake needs at: <a href="http://supertracker.usda.gov">supertracker.usda.gov</a> .
Track your calories for 1 week using an app like <a href="http://sparkpeople.com">sparkpeople.com</a> or <a href="http://myfitnesspal.com">myfitnesspal.com</a> .	Eat every color of the rainbow in fruits and veggies (5-9 servings). Don't forget the white ones like cauliflower and onions!	Exercise during the commercials of your favorite shows.	Pack snacks this week that are between 100 and 200 calories.	Learn your target <b>heart rate</b> . 1. Go to <a href="http://fallonhealth.org">fallonhealth.org</a> . 2. Under Quick links, click Healthwise Knowledgebase. 3. Search "What is your target heart rate?"
Burn an extra 500 calories today by decreasing caloric intake or increasing activity.	Use only stairs for 5 days this week.	Your choice for prevention! Schedule an annual well visit, dental cleaning, eye exam or mammogram.	Exercise with a co-worker today.	Calculate your <b>BMI</b> . 1. Go to <a href="http://fallonhealth.org">fallonhealth.org</a> . 2. Under Quick links, click Healthwise Knowledgebase. 3. Search "What is your BMI?"
Go for a 20-minute walk three days this week.	Drink 6 glasses of water daily for 1 week.	Sleep 6-8 hours for 3 nights.	Practice 5-minutes of deep breathing. Sit straight, eyes closed. Slowly inhale to the count of 5. Exhale through your mouth.	Strengthen your back by doing 10 of each of these: hip bridge, bird dog, side plank, lunge. <a href="http://realsimple.com/health/fitnessexercise/workouts/4-backstrengthening-exercises">realsimple.com/health/fitnessexercise/workouts/4-backstrengthening-exercises</a>
Disconnect from all electronic devices 1 hour before bed for 3 days.	Move (walk, take the stairs, do desk pushups) with a colleague twice during your work day. Schedule walking meetings.	Stand up from your desk and walk 100 steps twice today.	Walk 10,000 steps today (the equivalent of 5 miles).	Plank time: depending on your fitness level, hold a plank for 10-60 seconds. <a href="http://wikihow.com/Perform-the-Plank-Exercise">wikihow.com/Perform-the-Plank-Exercise</a>