



The Health and Wellness committee is offering Winter Bingo as our next healthy challenge. All faculty and staff are invited to participate in the challenge the month of January.

We offer 24 health and wellness activities for you to choose from. You are able to pick the day in which you complete each activity. Only one activity is allowed per day. To qualify for a chance to win a prize, a minimum of 20 activities must be completed within the month of January.

Winter Bingo begins January 1, 2018 and ends January 31, 2018. Completed forms can be e-mailed to the Health and Wellness committee at [wellness@uwgb.edu](mailto:wellness@uwgb.edu) or hand-in to the HR reception desk in CL710 by 2/9/2018.

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

Building/Department: \_\_\_\_\_



## HEALTH AND WELLNESS WINTER BINGO



Find something positive in your day twice.  Date: _____	Perform a random act of kindness.  Date: _____	Turn off the TV.  Date: _____	Don't consume any sugar unless it is in a piece of fruit.  Date: _____	Go one day without sugar (chocolate or candy).  Date: _____
Journal everything you ate today.  Date: _____	Take a 20 minute walk on a local trail.  Date: _____	Eat a high-fiber food as a snack.  Date: _____	Exercise for at least thirty minutes to increase your heart rate.  Date: _____	Declutter an area of your workspace.  Date: _____
Drink 64 ounces of water.  Date: _____	Stretch for 15 minutes.  Date: _____	<b>FREE SPACE</b>  Date: _____	Eat a dark green vegetable.  Date: _____	Relax or meditate for 30 minutes.  Date: _____
Read a good book.  Date: _____	Take the stairs instead of the elevator.  Date: _____	Get 7-8 hours of sleep.  Date: _____	Find a healthy recipe and make it for dinner.  Date: _____	Check out fitness resistance bands from HR.  Date: _____
Work out 1 hour at a fitness facility (Kress is open for faculty and staff).  Date: _____	Reach 10,000 steps ( Wellness committee has step counters available to borrow).  Date: _____	Take a meditation/ yoga/Zumba class (many classes offered at the Kress).  Date: _____	Swap your coffee for a cup of tea.  Date: _____	Go to lunch with a coworker and do not talk about work.  Date: _____