

Wellness Bingo for kids!

<p>Try a new recipe</p>	<p>Walk 1 mile or 20 minutes</p>	<p>Do a movement snack</p>	<p>Practice a mindful minute</p>	<p>Perform deep breathing</p> 
<p>Hit 10,000 steps or walk 1 hour</p>	<p>Schedule a time to exercise today and do it</p> 	<p>Get outside for 10 minutes</p>	<p>Pick up trash on a weekend walk</p>	<p>Create a smart goal</p>
<p>Challenge yourself to step up a goal</p>	<p>Take a workout class</p>		<p>Walk 2 miles or 40 minutes</p>	<p>Make your plate look like "My Plate" at a meal</p>
<p>Try a new protein</p>	<p>Journal what you eat and drink today</p>	<p>Try a new veggie</p> 	<p>Control your portions</p>	<p>Develop a fruit or veggie streak</p>
<p>Drink water with every meal today</p> 	<p>Make a healthy swap</p>	<p>Stick to your goal for one week</p>	<p>Spend 1 hour outside being active today</p>	<p>Exercise 3 times this week</p>

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

