

# 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](http://winterstreak.org) for resources and tools to support many of the activities listed above.

