



WINTER STREAK
WELLNESS PROGRAM
FRESH START BINGO

For those new to Winter STREAK, the Winter STREAK Wellness Program is a FREE, virtual, 12-week program (running January 5 to March 27, 2026) that WellSpan Health offers to promote wellness by encouraging participants to increase physical activity, eat healthier, and improve overall well-being!

It is a fun and effective way to improve your health and wellness this winter.

Ready to kick-start or renew your wellness journey? Use this bingo card to work on key wellness areas and incorporate some of the great activities and resources Winter STREAK has to offer! You can join at any time during the program dates to qualify for prizes.

Identified barriers to your current goals	Made/tried a recipe from the Winter STREAK Resources webpage	Wrote a friend, family member, or coworker a positive note	Tracked how much water you drank this week	Completed one of the other <u>Bingo Cards</u> from the Winter STREAK Resources webpage
Attended a live (virtual) Winter STREAK Workshop	Completed a strength training exercise session	Completed a Winter STREAK Workshop Evaluation	Stretched before going to bed	Took five to ten deep breaths
Told a friend, family member, or coworker three things you were grateful for	Stood up every 15 minutes throughout the day/while working today	Joined the <u>Winter STREAK Newsletter</u>	Checked out the Winter STREAK Programs & Screenings webpage	Went for a walk outside
Completed a Weekly Tracker in the Winter STREAK Wellness Guide	"Unplugged"/disconnected from all technology for at least three hours today	Answered a Winter STREAK Question of the Week (from Newsletter email)	Tried a new exercise from one of the Winter STREAK Exercise Demo Videos	Made/tried a recipe from one of the Winter STREAK Cooking Demo Workshops
Got at least 150 minutes of physical activity/exercise this week	Created a "SMART" wellness goal	Tried one of the simple food swaps listed in the Winter STREAK Wellness Guide	Watched a recorded Winter STREAK Workshop	Got at least 7-8 hours of sleep each night this week