

Honoring Healthy Habits

BINGO

Complete five in a row (up, down or diagonal) to be entered into the drawing to win one of two \$100 GIFT CARDS!

USE A SMALLER PLATE FOR DINNER	NO SOCIAL MEDIA USE ALL DAY LONG	MOW YOUR LAWN, PULL SOME WEEDS, OR WORK IN THE GARDEN	EAT A HEART HEALTHY SNACK LIKE WALNUTS, A SMOOTHIE OR CARROTS	SMILE AT THE PEOPLE YOU ARE WITH TO BRIGHTEN THEIR DAY
SET A PERSONAL PHYSICAL FITNESS GOAL FOR THE WEEK	BAKE OR ROAST A MAIN DISH INSTEAD OF FRYING	CHOOSE A FAVORITE SONG AND ENJOY A SPONTANEOUS DANCE PARTY	DO THREE LAPS AROUND YOUR WORKPLACE OR SCHOOL	MAKE A COLORFUL PLATE (FRUIT, VEG, DAIRY, PROTEIN AND WHOLE GRAINS)
PRACTICE FIVE MINUTES OF DEEP BREATHING	GET YOUR STEPS IN! 10,000 OF THEM	COMPLETED AT LEAST ONE OF THE CALENDAR CHALLENGES	DRINK AT LEAST 48 OZ OF WATER TODAY	GIVE AN ESC SHOUT OUT (VIA OUR WEBSITE) TO A COWORKER TO ENCOURAGE THEM
PARK IN THE FARTHEST PARKING SPOT AT WORK OR THE GROCERY STORE	CHOOSE TO ELIMINATE ADDED SUGARS TODAY	DO A BRAIN PUZZLE (SUDOKU, CROSSWORD, TRY TO WIN JEOPARDY)	GO TO BED 30 MINUTES EARLIER THAN USUAL	ONLY EAT WHEN YOU FEEL HUNGRY
DO ONE ACT OF KINDNESS TO MAKE LIFE EASIER FOR SOMEONE	STEP OUTSIDE FOR A NATURAL MOOD BOOST	COOK A HEALTHY MEAL INSTEAD OF EATING FAST FOOD	HAVE A LAUGH: WATCH A COMEDY SPECIAL OR FAVORITE FUNNY MOVIE	STAND UP AT YOUR DESK WHILE WORKING FOR AT LEAST 10 MINUTES

<https://www.nwoesc.org/HealthyHabitsChallenge.aspx>