



The Wellness committee is offering Summer Bingo as our next healthy challenge. Faculty and staff are invited to participate in the challenge the month of July.

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. To qualify for a chance to win a prize, a minimum of 20 activities must be completed within the month of July.

Summer Bingo begins July 1, 2020 and ends July 31, 2020. Completed forms can be e-mailed to the Wellness committee at wellness@uwgb.edu by Monday, August 10, 2020.

Name: _____

Department: _____



HEALTH AND WELLNESS SUMMER BINGO

<p>Write down 3 positive things each day for an entire week.</p> <p>Date: _____</p>	<p>Donate food or volunteer at a local food pantry.</p> <p>Date: _____</p>	<p>Unplug for one entire day.</p> <p>Date: _____</p>	<p>Don't consume any sugar unless it is in a piece of fruit.</p> <p>Date: _____</p>	<p>Play a board game with a family member(s).</p> <p>Date: _____</p>
<p>Journal everything you ate today.</p> <p>Date: _____</p>	<p>Take a 20 minute walk on a local trail.</p> <p>Date: _____</p>	<p>Take a relaxing bath.</p> <p>Date: _____</p>	<p>Exercise for at least thirty minutes at least 10 times this month</p> <p>Date: _____</p>	<p>Declutter an area of your work-space.</p> <p>Date: _____</p>
<p>Drink 64 ounces of water.</p> <p>Date: _____</p>	<p>Stretch for 15 minutes.</p> <p>Date: _____</p>	<p>FREE SPACE</p> <p>Date: _____</p>	<p>Eat your daily recommended amount of fruits and vegetables.</p> <p>Date: _____</p>	<p>Relax or meditate for 30 minutes.</p> <p>Date: _____</p>
<p>Read a good book.</p> <p>Date: _____</p>	<p>Walk or bike instead of driving. Or park in the furthest spot to get in a good walk.</p> <p>Date: _____</p>	<p>Get 7-8 hours of sleep.</p> <p>Date: _____</p>	<p>Find a healthy recipe and make it for dinner.</p> <p>Date: _____</p>	<p>Get a fitness resistance band by emailing wellness@uwgb.edu</p> <p>Date: _____</p>
<p>Support a small restaurant business</p> <p>Date: _____</p>	<p>Reach 10,000 steps (get pedometer by emailing wellness@uwgb.edu)</p> <p>Date: _____</p>	<p>Do a virtual exercise class</p> <p>Date: _____</p>	<p>Swap your coffee/soda for a cup of tea/water.</p> <p>Date: _____</p>	<p>Tell a coworker something you appreciate about them.</p> <p>Date: _____</p>