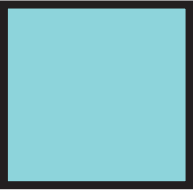
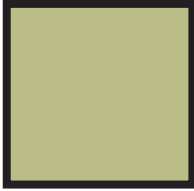
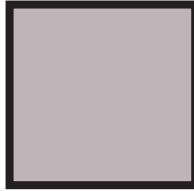


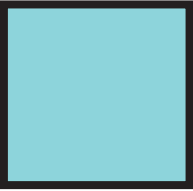
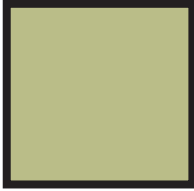
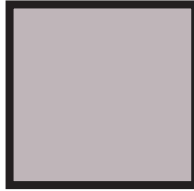


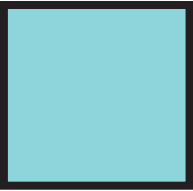
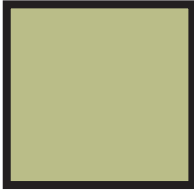


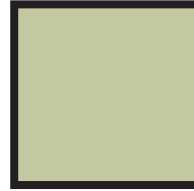
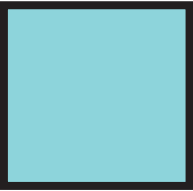
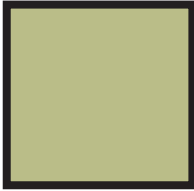
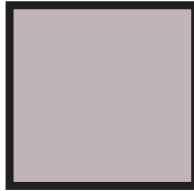

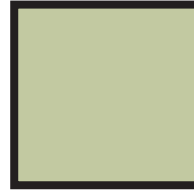

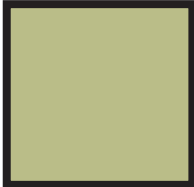
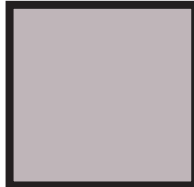




Wellness **BINGO**

B	I	N	G	O
				
				
				
				
				



Wellness **BINGO**

You have from

To

To fill your BINGO card with the activities listed on the right. Simply place the number of activity in the corresponding column on your BINGO card.

For example, if you practice yoga, you would place a "1" anywhere in the "B" column. If you were to go for a walk, you would place a "16" anywhere in the "I" column.

At the end of the program, please submit your BINGO card to:



EFR EMPLOYEE & FAMILY RESOURCES

- | | | |
|----------|--|--|
| B | <ol style="list-style-type: none">1. Practice yoga2. Drink half your body weight in ounces of water3. Check your bank account balances4. Watch a funny movie5. Get a massage6. Use your EAP benefit | <ol style="list-style-type: none">7. Do yard work8. Schedule a day off9. Visit the Library10. Exercise with your pet11. Floss your teeth12. Avoid fast food13. Take the stairs14. Clean your home15. Listen to a podcast |
| I | <ol style="list-style-type: none">16. Go for a walk17. Avoid alcohol for 48 hours18. Bring your lunch to work19. Sing in the shower20. Practice the 4-7-8 breath21. Wear your seatbelt22. Visit a park23. Wake up an hour earlier | <ol style="list-style-type: none">24. Color or draw25. Exercise with a friend26. Wear sunscreen27. Avoid soda for 48 hours28. Picnic in the park29. Read to a child30. Cook a meal |
| N | <ol style="list-style-type: none">31. Lift weights32. Avoid tobacco33. Donate food, clothing, or money34. Spend time with a pet35. Take a bath36. Drive the speed limit37. Send a letter38. Avoid social media for 48 hours | <ol style="list-style-type: none">39. Visit a museum40. Track your steps for a day41. Try alternate nostril breathing42. Eat a green vegetable43. Send a birthday card44. Play a board game45. Read the newspaper |
| G | <ol style="list-style-type: none">46. Dance47. Snack on Fruit48. Pay in cash49. Volunteer50. Take a nap51. Avoid texting while driving52. Plan or take a road trip53. Read a book | <ol style="list-style-type: none">54. Attend a sporting event55. Play outside56. Count your calories for one day57. Eat a blue fruit58. Create a gratitude list59. Go swimming60. Share a hug |
| O | <ol style="list-style-type: none">61. Stretch62. Snack on vegetables63. Make your own coffee64. Journal65. Go to bed one hour earlier66. Schedule an annual exam67. Recycle68. Watch the news | <ol style="list-style-type: none">69. Write a thank you letter70. Ride a bicycle71. Take a cold shower72. Choose whole grains73. Check your blood pressure74. Call a friend75. Watch a documentary |