

February 2023 Challenge

READY-SET-BINGO!

We hope that through this BINGO challenge, we can begin making slow and sustainable changes to improve our physical health that can support in building a healthy lifestyle, and get entered to win prizes for your participation!

All you need to do is print the bingo card and mark off squares as you complete them.

- You have an entire month to work towards finishing the whole card!
- At the end of the month, you can email or send in your card and you'll get entered to win.
- You get one entry per line up to 3 lines, and 5 entries for accomplishing every square on the card.

Submit your bingo card via email to Isidora Nezic at wellnessatwork@uoguelph.ca by 8:30am on March 1st, 2023.

More info and activities at
<https://www.uoguelph.ca/wellnessatwork/>



February 2023

HEART HEALTHY BINGO

Limit your alcohol intake to 2 standard drinks per week	Take a 20 min walk each day for an entire week.	Complete 10,000 steps in a day	Incorporate legumes into a meal	Complete 3 Meatless Mondays in February
Complete 35,000 steps in a week	Get 7-8 hours of sleep	Complete 4 Meatless Mondays in February	Complete 150,000 steps by the end of February	Complete one week without consuming any alcoholic beverages
Take a 5 min movement break every hour during long periods of sitting	Try a new fruit you've never had before		Complete 70,000 steps in a week	In a week complete 150 min of moderate to vigorous aerobic activities.
Take a 15 minutes walk outdoors, 5 times in one week	Complete 2 Meatless Mondays in February	Try a muscle strengthening activity	Try a recipe from the <i><u>Plant-Based Recipes Made Easy Cookbook</u></i>	Try a meatless meal
Try a Meatless Monday	Complete 50,000 steps in a week	Take a 30 minute walk outdoors, twice in one week	Take the stairs instead of the elevator once a day for a week	Try a new veggie you've never had before

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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