

Healthy Workplace Month Contest

# READY-SET-BINGO!

Wellness Bingo is a way for you to improve your health and well-being at work 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 to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by the end of October.

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



Healthy Workplace Month

# WELLNESS BINGO

<b>Read a new book or re-read an old favourite</b>	Go through your closet and donate a bag of clothes you don't wear	<b>Random act of kindness!</b>	Take a picture of fall foliage	Go for a walk with a colleague
Get coffee with a co-worker you don't know well or don't work with often	<b>Get up and stretch!</b>	Have a healthy snack	<b>Explore a new trail</b>	<b>Take the stairs!</b>
Fire Prevention Week: Plan and practice your fire escape route	Use a reusable mug for your coffee or tea		Practice a mindful moment	Pack and bring a waste-free lunch
<b>Attend a fitness class</b>	Try a new healthy recipe	Take a 15 minute walk around campus on your break	<b>Organize your e-mail inbox</b>	Register for a Learning and Development course or workshop
<b>De-clutter your workspace</b>	Write and deliver a thank-you note to a colleague	Bring in a reusable water bottle and drink/refill it 3 times!	Take your break everyday for one week	Donate something to a local charity

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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