


Better You BINGO

Better You BINGO is a fun twist on the classic party game and is designed to promote overall health and wellness.

Complete 5 activities in the same row, column, or diagonally to get a BINGO. Have fun!

B	I	N	G	O
Complete the Spell Your Name Workout Wildcard Challenge	Accomplish something on your to-do list	Unplug from unnecessary technology for 1 day	Give 4 compliments	Incorporate fruits & vegetables into all three meals one day this week
Practice 10 minutes of mindfulness	Write in a journal to capture mindful reflections from the day	Volunteer in person or virtually; Visit Volunteer Match to find opportunities	Write & deliver a thank you note to a friend or coworker	Take a walk during your lunch break
Spend at least 10 minutes decluttering your workspace	Write down 5 things you're grateful for	Free  Space	Connect with a coworker & learn something new about them	Read & implement ideas found in Exploring Ergonomics
Read Post-Workout Nutrition - try two of the suggested snack ideas	Reevaluate your budget by reviewing last month's expenses	Drink 32 ounces of water at work today	Stop electronics or screen use 30 minutes before bed to promote better sleep	Work on a creative project outside of work for at least 30 minutes
Try a new recipe	Watch Connect to Your Work - incorporate at least one recommendation	Spend 30 minutes outside	Expand your interests by reading for fun	Perform an act of service