



Wellness Bingo Challenge

Object: to fill in a complete row of squares (horizontally, vertically or diagonally) in a week's time.

How to play: Use the Wellness Bingo Cards (created by the Department of Revenue's Wellness Council) or create your own. Pass them out to all employees who wish to participate. We want participants engaging in on-going healthy behaviors rather than trying to complete 5 tasks on the card in one day just to win. For that reason, participants may only count one task per day towards their Bingo. Have them pencil in the date onto each square as the task is completed.

Time Duration: At least one week (because participants can only count one task per day you need at least 5 days for this challenge) but this would also be a great month-long challenge. On Friday, have someone from your Wellness Council send out a reminder email to participants to bring their cards by for scoring and award those who got a Bingo. The award does NOT have to be something tangible...announcing the Wellness Bingo winners in the weekly departmental email/Wellness Council newsletter/ or posting their names up on a public bulletin board are all great ways to give recognition.

Ready, Set, BINGO!

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Get 8 hours of sleep

Take the stairs instead of the elevator

Eat a piece of fruit as a snack

Walk outside for 30 minutes

Eat a leafy green vegetable

Replace white bread with whole wheat bread

Try the healthy version of a recipe

Drink 48 ounces of water in one day

Try a new exercise or workout

Keep a food journal for one day using MyFitnessPal or a similar tracking app

Challenge a friend to a jumping jack contest

Do a push-up every time you receive a text message for one day

Pack a healthy lunch

Start a health-related board on Pinterest

Replace one cigarette with a piece of fruit or vegetable

Take 10,000 steps in one day (You can track your steps with a pedometer app)

Replace ice cream with frozen yogurt

Do a stretch break at your desk

Take a lap around your floor once an hour for one day

Pass up a front row parking space in exchange for walking from a spot further away

Do hand weight exercises while watching your favorite show

Replace your afternoon soda with water

Jump rope on commercial breaks

Try a fruit or vegetable you've never tried before

Use an online source to find out what your Body Mass Index is