

Physical Wellness

B I N G O

Get ready to kickstart your physical wellness journey with a fun and engaging BINGO challenge! Invite your friends and family to join you in completing in different wellness activities each day of July.

Drink 8 glasses of water today	Cook a healthy meal	Invite a friend, neighbor, or associate for a walk	Try a new heart-healthy recipe	Read an article or blog on nutrition
Try a new fruit or vegetable	Dance to your favorite song	Schedule your annual physical	Practice mindfulness for the next 5 days	15-minute morning stretch
Do an activity or exercise in nature	Set a healthy goal for yourself	 FREE	Set a daily intention	Walk 6,000 steps in a day
Set a sleep schedule	Tell someone you appreciate them	Clear out expired medications or products	Have a healthy smoothie	Apply sunscreen every day
Go for a swim	Find an exercise buddy	Use a step, sleep, or water tracker for 1 week	Yoga or Deep Breathing for 20 mins	Try a fitness class