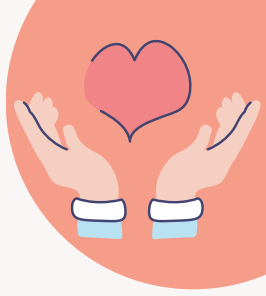


# Healthy Heart Bingo



March

NAME: \_\_\_\_\_

Take the farthest parking stall and walk	Add berries to a snack	Spend 3 minutes deep breathing	Try for a personal best in any type of activity	Surprise a coworker with a coffee or tea
Check your blood pressure	Perform a random act of kindness	Turn a meeting into a walking meeting	Get 4+ servings of fruit & veg	Perform a 1 minute plank - any variation
Drink 3 Liters of water	Go for a 30 min+ walk	Free Space	Take a stand and stretch break at your desk	Call someone to say I love you
Take a day off all social media and email	See how many push ups you can do in 1min	Try a new fruit or veg	Write down 3 things you are grateful for	Take the stairs instead of escalator/ elevator
Try a new fitness class	Get 7+ hours sleep 3x in one week	Make or find a fun new work out playlist	Get 10,000+ steps in a day	Pack a lunch 3 days a week

Complete and submit to  
[naltariqi@livnorth.com](mailto:naltariqi@livnorth.com)

by March 31st for a chance to win prizes

