

UAMS FITNESS AND WELLNESS

# BINGO CHALLENGE



Challenge Dates: May 1-31

To Play: Complete five consecutive spaces (vertically or horizontally) on the card. Three winners will be drawn from a lottery every Friday to receive prizes. Email your card to [GetHealthy@uams.edu](mailto:GetHealthy@uams.edu) each week before 2 p.m. Friday.



|  |                                       |                               |                                 |   |  |                                  |                              |
|--|---------------------------------------|-------------------------------|---------------------------------|---|--|----------------------------------|------------------------------|
| Drink 8 cups of water                        | Cook a healthy meal                   | Read a Book                   | Go to bed early                 | Make a healthy breakfast                                  | Walk on a lunch break                  | De-clutter your desk             | Consume 2 cups of vegetables |
| Find a new podcast to listen to              | Do 30 minutes of yoga                 | Start writing in a journal    | Take the stairs                 | Take a socially distanced walking meeting with a coworker | Spend 5 minutes meditating             | Write out a goal for the week    | Start a garden               |
| Write a list of 5 things you're grateful for | Walk 10,000 steps                     | Wear sunscreen                | Do 10 minutes of Yoga           | Walk, jog, or run 1 mile                                  | Call a friend or loved one             | Create a budget                  | Try a new hobby              |
| Meditate for 5 minutes                       | Prepare a healthy recipe              | Practice a breathing exercise | Get 8+ hours of sleep           | Prepare a healthy recipe                                  | Take a stretch break at work           | Perform a random act of kindness | Do 10 Squats                 |
| Meal prep for the day                        | Do resistance training for 30 minutes | Eat a plant-based meal        | 30 minutes of strength training | Use reusable bags when grocery shopping                   | Disconnect from social media for a day | Eat a healthy snack              | Go out in nature             |