

Summer Healthy YOU Bingo

Enjoy summer's slower pace—and gorgeous weather—while you play **Healthy YOU Bingo!** These simple suggestions will help you make small daily changes in your routine, ultimately leading to a healthier lifestyle.

Playing is easy. Just print this Bingo board and check off each activity as you do it. Then, send it via email or campus mail to the address listed below. Entries with two or more “bingos” (completed horizontal, vertical, or diagonal rows) will be entered to win prizes!

NAME _____ EMAIL _____ PHONE _____

Move More	Eat Well	Stress Less	Save Smart	Be Well
<input type="checkbox"/> _____ Date completed Walk the Quad or the South Campus track during lunch or a break.	<input type="checkbox"/> _____ Date completed Read nutrition facts labels on everything you eat, for at least two days.	<input type="checkbox"/> _____ Date completed Take a deep breath when you wake up and appreciate the day ahead.	<input type="checkbox"/> _____ Date completed Collect all your loose change in a jar.	<input type="checkbox"/> _____ Date completed Write down two goals you want to achieve this month. Look at them every day.
<input type="checkbox"/> _____ Date completed Use the Monday Mile walking routes (Main or South Campus).*	<input type="checkbox"/> _____ Date completed Savor your food! Take 15-30 minutes to finish your meal.	<input type="checkbox"/> _____ Date completed RELAX—do something just for you for at least 30 minutes!	<input type="checkbox"/> _____ Date completed Set a savings goal, then plan how to achieve it.	<input type="checkbox"/> _____ Date completed Surprise two people with unexpected thank-you cards*.
<input type="checkbox"/> _____ Date completed Keep moving during a break at work. Don't sit!	<input type="checkbox"/> _____ Date completed Use at least two Smart Fuel strategies in one day.*	<input type="checkbox"/> _____ Date completed Reminisce with someone about a fun adventure in your past.	<input type="checkbox"/> _____ Date completed Schedule an appointment with a TIAA representative.	<input type="checkbox"/> _____ Date completed Try a new hobby that you have always wanted to start, but never have.
<input type="checkbox"/> _____ Date completed Stretch for 10 minutes in the morning.	<input type="checkbox"/> _____ Date completed Bring healthy snacks for a week to avoid the office vending machine!	<input type="checkbox"/> _____ Date completed Attend a Stretch and Breathe class (on Main or South Campus).*	<input type="checkbox"/> _____ Date completed Evaluate your spending: What are the top five categories with the highest spending?	<input type="checkbox"/> _____ Date completed Don't use your cell phone while driving today.
<input type="checkbox"/> _____ Date completed Take the stairs instead of the elevator.	<input type="checkbox"/> _____ Date completed Eat at least five servings of fruits and vegetables per day.	<input type="checkbox"/> _____ Date completed Breathe in for 4 counts, hold for 4 counts, and breathe out for 4 counts—repeat 4 times.	<input type="checkbox"/> _____ Date completed Make a grocery list before shopping—and stick to it!	<input type="checkbox"/> _____ Date completed Stop yourself from saying something negative.

*Check out wellness.syr.edu/bingo to get more information on how to complete these squares.

Send entries by July 31 to:

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Syracuse, NY 13244-5300
wellness@syr.edu



Syracuse University Wellness Initiative