PUT A LITTLE LOVE IN YOUR HEART

# HEART HEALTH month 2022

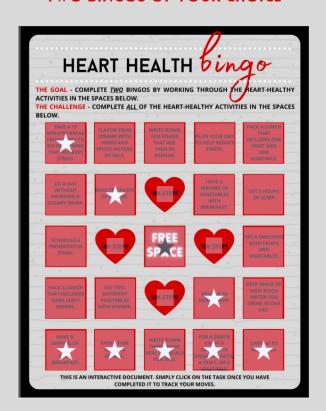
#### **FEBRUARY 7 - 25, 2022**

#### **REWARDS:**

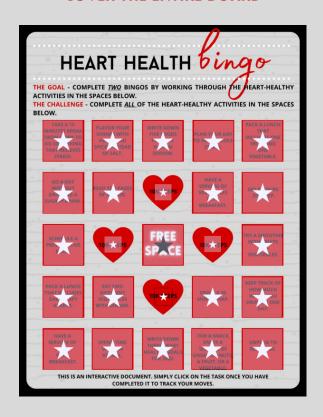
THE GOAL - 30,000 WELLBUCKS & 25 HC360 POINTS (INSURANCE PLAN)
THE CHALLENGE - 40,000 WELLBUCKS, 25 HC360 POINTS (INSURANCE PLAN), & A RAFFLE ENTRY

IN SUPPORT OF THE AMERICAN HEART ASSOCIATION'S "HEART HEALTH MONTH", OUR GOAL IS TO BRING AWARENESS TO THE DAILY ACTIVITIES AND CHOICES THAT CONTRIBUTE TO LIVING A HEART-HEALTHY LIFESTYLE AND PROMOTE HEART DISEASE AWARENESS. CARDIOVASCULAR DISEASE IS THE NO. 1 KILLER WORLDWIDE AND WHILE THAT FACT MAY SEEM SCARY, THE GREAT NEWS IS THERE ARE MANY PREVENTATIVE MEASURES WE CAN TAKE TO MINIMIZE OUR RISK OF HEART DISEASE EACH DAY. JOIN US AS WE PLAY A FUN ROUND OF HEART HEALTH BINGO DESIGNED TO HELP US ALL MAKE MORE HEART-HEALTHY ADAPTATIONS THIS MONTH.

### THE GOAL TWO BINGOS OF YOUR CHOICE



## THE CHALLENGE COVER THE ENTIRE BOARD



SUBMISSION DEADLINE: MARCH 2, 2022 REPORTING/PARTICIPATION: BINGO SHEET

# HEART HEALTH bingo

THE GOAL - COMPLETE <u>TWO</u> BINGOS BY WORKING THROUGH THE HEART-HEALTHY ACTIVITIES IN THE SPACES BELOW.

THE CHALLENGE - COMPLETE <u>ALL</u> OF THE HEART-HEALTHY ACTIVITIES IN THE SPACES BELOW.

TAKE A 15
MINUTES BREAK
FROM WORK TO
DO SOMETHING
THAT RELIEVES
STRESS.

FLAVOR YOUR DINNER WITH HERBS AND SPICES INSTEAD OF SALT. WRITE DOWN FIVE FOODS THAT ARE HIGH IN SODIUM.

PLAN YOUR DAY TO HELP REDUCE STRESS. PACK A LUNCH
THAT
INCLUDES ONE
FRUIT AND
ONE
VEGETABLE.

GO A DAY WITHOUT DRINKING A SUGARY DRINK.

READ TEN PAGES OF A BOOK.



HAVE A
SERVING OF
VEGETABLES
WITH
BREAKFAST.

GET 8 HOURS OF SLEEP.

SCHEDULE A PREVENTATIVE EXAM.







TRY A SMOOTHIE WITH FRUITS AND VEGETABLES.

PACK A LUNCH THAT INCLUDES DARK LEAFY GREENS. EAT TWO
DIFFERENT
VEGETABLES
WITH DINNER.



ENJOY A 30 MINUTE NAP.

KEEP TRACK OF HOW MUCH WATER YOU DRINK IN ONE DAY.

HAVE A
SERVING OF
FRUIT
WITH
BREAKFAST.

SPEND TIME WITH AN ANIMAL. WRITE DOWN THREE HEART HEALTHY GOALS FOR 2022. FOR A SNACK,
ENJOY A
SERVING OF
UNSALTED NUTS,
A FRUIT, OR A
VEGETABLE.

UNPLUG TO RECHARGE.

THIS IS AN INTERACTIVE DOCUMENT. SIMPLY CLICK ON THE TASK ONCE YOU HAVE COMPLETED IT TO TRACK YOUR MOVES.