

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

HEART HEALTH *bingo*

THE GOAL - COMPLETE TWO BINGOS BY WORKING THROUGH THE HEART-HEALTHY ACTIVITIES IN THE SPACES BELOW.
THE CHALLENGE - COMPLETE ALL OF THE HEART-HEALTHY ACTIVITIES IN THE SPACES BELOW.

TAKE A 15 MINUTE 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 TWO BRIGES OR MORE.	10K STEPS	HAVE A SERVING OF VEGETABLES WITH BREAKFAST.	GET 8 HOURS OF SLEEP.
SCHEDULE A PREVENTATIVE EXAM.	10K STEPS	FREE SPACE	10K STEPS	TRY A SMOOTHIE WITH FRUITS AND VEGETABLES.
PACK A LUNCH THAT INCLUDES DARK LEAFY GREENS.	EAT TWO DIFFERENT VEGETABLES WITH DINNER.	10K STEPS	ENJOY 30 MINUTES OF EXERCISE.	KEEP TRACK OF HOW MUCH WATER YOU DRINK IN ONE DAY.
HAVE A SERVING OF BREAKFAST.	SPEND TIME WITH A FRIEND.	WRITE DOWN THREE SMART HEALTH GOALS FOR 2022.	FOR A SNACK, ENJOY A SERVING OF UNSWEETENED NUTS AND/OR DRIED 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.

HEART HEALTH *bingo*

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TAKE A 15 MINUTE 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 TWO BRIGES OR MORE.	10K STEPS	HAVE A SERVING OF VEGETABLES WITH BREAKFAST.	GET 8 HOURS OF SLEEP.
SCHEDULE A PREVENTATIVE EXAM.	10K STEPS	FREE SPACE	10K STEPS	TRY A SMOOTHIE WITH FRUITS AND VEGETABLES.
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SUBMISSION DEADLINE: MARCH 2, 2022
REPORTING/PARTICIPATION: BINGO SHEET

HEART HEALTH *bingo*

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THE CHALLENGE - COMPLETE ALL 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.

10K STEPS

HAVE A SERVING OF VEGETABLES WITH BREAKFAST.

GET 8 HOURS OF SLEEP.

SCHEDULE A PREVENTATIVE EXAM.

10K STEPS

FREE SPACE

10K STEPS

TRY A SMOOTHIE WITH FRUITS AND VEGETABLES.

PACK A LUNCH THAT INCLUDES DARK LEAFY GREENS.

EAT TWO DIFFERENT VEGETABLES WITH DINNER.

10K STEPS

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.

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