

WELLNESS

B I N G O

Organize a Stress-free Zone	Submit an answer for the Weekly Wellness newsletter trivia	See the silver lining in everything for one day	Start a journal	Get 8 hours of sleep
Get your blood pressure taken	Learn what you can do with exercise bands	Give yourself a compliment	Choose the stairs for a whole day	Complete a guided meditation (request one from Well-U)
Share fruit with a group—coworkers, family, or friends	Connect with an old friend	<p>FREE</p> 	Participate in a wellness challenge	Take a yoga class on Studio Sweat onDemand
Put away your phone at dinnertime	Schedule a dental cleaning	Show kindness to a stranger	Set a new health goal and create a plan to reach it	Take a walk during your break
Have a meatless Monday	Create a wellness bulletin board in your area	Schedule your annual physical	Eat a meal mindfully	Forgive someone



Have fun while building healthy habits! Check off your completed wellness activity on the Well-U Bingo Board. Once you've earned Bingo by filling in five spaces in any direction (or the whole card), scan the QR code in the center to email Well-U with a photo of your card and your employee ID number to win a prize. Enjoy!