



# WELLNESS BINGO



Directions: Complete two or more rows across, down or horizontal. Write the date inside the box for each task completed. Email or mail form to [mwells4@wellspan.org](mailto:mwells4@wellspan.org) or Melanie Wells, Community Wellness, PO Box 1281, Lebanon, PA 17042 to receive a free gift. Deadline to submit entries is **July 1, 2019**.

Name:

Mailing Address:

Visit Swatara State Park at Trout Run Trail Head	Pack your lunch at least 3 days per week for one month	Attend a local health talk	Meal prep at least two weeks for one month	Get at least 7 hours of sleep 3 or more days per week for one month	Schedule a family game night
Do at least one thing that brings you joy every day for one week	Include flexibility/stretching to your workout routine	Make half your plate fruits and veggies at every meal for at least 5 days	Walk at least 3 times per week for 25+ minutes for one month	Get at least 3 people to commit to Wellness Wednesday	Visit Bordner Cabin at Swatara State Park
Volunteer within your local community	Do something nice for a stranger	Read at least one book from your local library	Turn off technology at least 30 minutes before bed for one week	Attend a nature program at Governor Dick Park	Support a local charity
Attend an activity that promotes the arts	Share your Wellness Wednesday photo on Facebook	Schedule an activity date with someone special	Share a healthy recipe with someone	Cook dinner at home at least two nights per week for one month	Compliment at least one person per day for one week
Make someone smile every day for one week	Complete the fitness circuit at South Hills Park	Limit your sugary beverages to one drink per day for one month	Try a new activity that promotes health and happiness	Turn off the tv one day per week for one month	Schedule your physician check-up
Start each morning with a positive affirmation for one month	Meditate for at least 5 minutes a day for one week	Try a new recipe	Put your technology away at every meal for one week	Drink water with every meal for at least one week	Spend at least 30 minutes in nature each week for one month