

WELLNESS

B I N G O

Finish one full line (horizontal, vertical or diagonal) to get a BINGO. Submit your completed activity to mocwalk@mushkegowuk.ca by 11:59 PM Monday, September 8



have your blood pressure checked	exercise with a friend	prepare a healthy meal or snack	spend 10 minutes journaling	get at least 7 hours of sleep
get 10,000 steps in one day	try a new fruit or vegetable	call or video call a loved one	go 24 hours without a cigarette	spend 45 minutes outside
learn something new	go for a 30 minute walk or bike ride	FREE SPACE!	try a plant-based recipe	turn off screens an hour before bed
join a fitness class	spend 15 minutes stretching	try a new exercise or sport	set a new health or wellness goal	eat a vegetable or fruit at every meal
try a new walking or hiking trail	have a picnic or campfire	practice deep breathing	drink 8 cups of water today	do a strength-based workout