

HEALTH & WELLNESS

BINGO

Finish one full line (horizontal, vertical or diagonal) to get a BINGO.
Submit your completed activity to mocwalk@mushkegowuk.ca by
11:59 PM Sunday, February 4th.

go 24 hours without a cigarette	go for a 5 kilometer walk	try a new fruit or vegetable	practice deep breathing	exercise with a friend
prepare a healthy meal or snack	try a new exercise or sport	read for 15 minutes	get 10,000 steps in one day	make a workout playlist
do 10 minutes of stretching	do a traditional craft or activity	FREE SPACE!	call or video chat a loved one	eat a low glycemic index grain*
spend 10 minutes journaling	eat 5 fruits and vegetables today	go for a 30 minute walk or bike ride	drink 8 cups of water today	watch the sunrise or sunset
spend 30 minutes outside	attend a fitness class	listen to your favourite music	no sugary drinks today	set a new health or wellness goal

*Some examples of low glycemic index grains include: steel-cut or rolled oats, quinoa, barley, wild rice, or sourdough bread.