

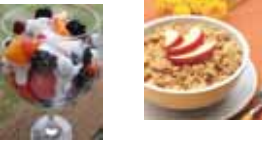




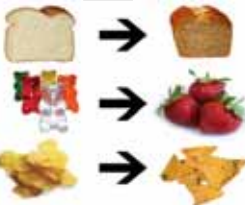



















Name: \_\_\_\_\_ Dept/Location: \_\_\_\_\_

# Getting Fit–Staying Healthy **BINGO!**

EAT MORE PLANT FOODS	Better Choices	D . I . Y . B . Y . O . F . Do It Yourself Bring Your Own Food	Moving and Grooving	Wildcard
<p>Eat A Salad</p> <input type="checkbox"/> 	<p>Choose Whole Grains</p> <input type="checkbox"/> 	<p>Homemade Healthy Breakfast</p> <input type="checkbox"/> 	<p>Skip TV and walk for 30 minutes</p> <input type="checkbox"/> 	<p>Try A New Fruit Or Vegetable</p> <input type="checkbox"/> 
<p>Eat A Piece Of Fruit</p> <input type="checkbox"/> 	<p>Snack On Veggies And Low Fat Dip</p> <input type="checkbox"/> 	<p>Pack A Good Lunch</p> <input type="checkbox"/> 	<p>Exercise Three Days In One Week</p> <input type="checkbox"/> 	<p>Take A 20–Minute Nap</p> <input type="checkbox"/> 
<p>Have Beans For Lunch Or Dinner</p> <input type="checkbox"/> 	<p>Re-Think Your Drink</p> <input type="checkbox"/> 	<p>Dinner At Home</p> <input type="checkbox"/> 	<p>Get Active In Ten-Minute spurts 3 Times A Day</p> <input type="checkbox"/> 	<p>Try A New Activity</p> <input type="checkbox"/> 
<p>Eat A Serving Of Whole Grains</p> <input type="checkbox"/> 	<p>Plan Ahead For Meals &amp; Snacks</p> <input type="checkbox"/> 	<p>B.Y.O.S. Bring Your Own Snacks</p> <input type="checkbox"/> 	<p>Schedule Time To Work Out</p> <input type="checkbox"/> 	<p>Get 8 Hours Of Sleep</p> <input type="checkbox"/> 
<p>Mix Up Your Own Trail Mix Snack: Nuts, Whole Grain Cereal &amp; Dried Fruit</p> <input type="checkbox"/> 	<p>Try A 3-oz Piece Of Meat And Pile On The Veggies!</p> <input type="checkbox"/> 	<p>Make A Smoothie With Lowfat Milk Or Yogurt And Fruit</p> <input type="checkbox"/> 	<p>Stretch For A Few Minutes After Every Hour Of Sitting</p> <input type="checkbox"/> 	<p>Think About What You Are Grateful For</p> <input type="checkbox"/> 

**HOW TO PLAY AND WIN!**

Put a check in each box you accomplish.

See if you can get a “BINGO”: five across, down, or diagonal. Better still, go for a “coverall” and do them all!

When you have completed a “BINGO,” send in your sheet by Friday, March 19 and win a prize!

Fill out with your name and department and then fold and send via interoffice mail to Mary Choate in the Education Department at the Hanover Store.

FROM:

Name: \_\_\_\_\_

Dept./Location.: \_\_\_\_\_

TO: Mary Choate, Co-op Dietitian  
Location: Hanover Education