



ON THE MOVE

Wellness BINGO

Name: _____

KSU Email: _____

KSU Phone: _____

TEAM KENT STATE Mini-Challenge | **Weeks 1 & 2: Wellness BINGO** | Due April 19

Small daily changes will lead to a habit. That habit will lead to a routine, and eventually that routine will become your lifestyle. What small changes will you make today?

Attend Faculty/Staff Health Fair at the SRWC on 4/17	Bring a healthy snack to share at the office	30 or more minutes of cardiovascular exercise	Go out of your way to perform an act of kindness today	Drink only water for an entire day
Eat 5 or more servings of fruits & vegetables today	Take 10 minutes out of the day to meditate	Cook a new healthy recipe & share the recipe with 3 coworkers	Get at least 8 hours of sleep tonight	Do 50 crunches. Break them up into sets of 10 if necessary
Try a structured breathing exercise or progressive muscle relaxation	30 or more minutes of strength training		No fast food/takeout or eating at your desk for 2 consecutive days	Sign up or volunteer for a charity event
Don't watch TV for an entire day. Instead, do something outdoors with family or friends	Make all of your grain products whole grain today	Exercise your mind (i.e. puzzle, game, read for pleasure)	Try a new exercise or activity you haven't done before	Plan meals & snacks for the entire day the night before or in the morning
Walk 10,000 steps in a day	Stretch at least 3 times today (5 minutes each)	Consume a breakfast consisting of a whole grain, protein item, fruit and vegetable	Attend Faculty/Staff Health Fair at the SRWC on 4/18	Invite a coworker to do a healthy activity with you, such as go on a walk

Rules: Mark the squares of each activity you complete. The Kent State of Wellness square is a free space. Once you get 5 squares in a row in any direction, scan and email your completed BINGO card to wellness@kent.edu or fax it to 330-672-5447 to be entered into a drawing for prizes! Please be sure to fill out the contact information so we will know whose card it is. **Cards are due by Friday, April 19 at 5:00 pm.**