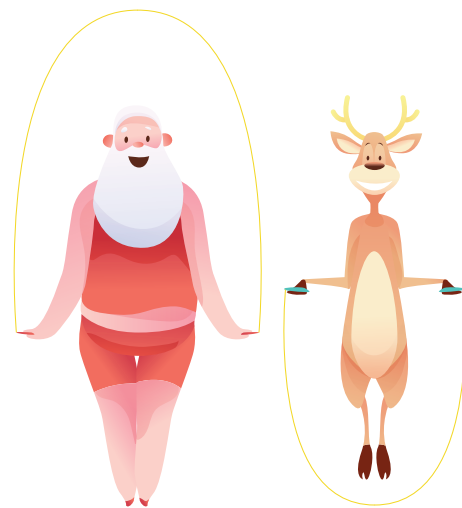


Holiday Bingo

December 1-31

Stay active, relieve stress and eat well during the holidays with Holiday Bingo. Complete at least 5 activities in a row (diagonal, across or down) to be entered in a drawing for a prize bundle, which includes a moniclip, a desktop vacuum, and a power stand.



When you've bingo-ed, snap a picture of your completed card and email it to Debbie Staton at debra.staton@commonspirit.org or text the photo to 501.517.2547.

Eat 4 servings of vegetables 4 days during the program	Drink water with all of your meals and snack for one day	Complete your favorite healthy activity at least 3 times during the program	Show gratitude to someone everyday	No Caffeine for one day
Perform 30 minutes of cardio	Try a new recipe! Make something featured in the harvest of the month	Take a 10 minute break and go outdoors	Drink at least 64 ounces of water in a day 2 days each week	Increase your workout time for 5 minutes all week for 2 weeks
20 minutes of relaxation-stretching, meditation, yoga or mindful thinking	Eat 4 servings of Fruit 4 days during the program	Activity of your choice	Do one thing you have been putting off	Write down a health or fitness goal for 2020
Go meatless one day each week during the program	Unsubscribe from sites/groups you don't really use	Eat a breakfast containing protein & fiber	3 sets of 8 crunches & bicycles each wed. during the program	Stretch 3 times during the challenge
Cut out some TV or computer time at night and get to bed earlier	Eat only baked broiled or grilled foods for two days (no fried foods) each week	Veer away from dessert one weekend during the program	Do something that relaxes you	30 squats and 30 lunges (15 each leg) on 2 Saturdays & 2 Sundays

Which one of these things will you continue in the new year?

