

T	H	I	E	L
---	---	---	---	---

<u>Sweet Dreams</u> Get 7-8 hours of sleep tonight 	<u>Power of 10</u> Do: 10 squats 10 push ups 10 sit ups 10 jumping jacks	<u>Take Care of You</u> Give yourself a self-care day. Compliment yourself and believe it!	<u>Pay it Forward</u> Perform an act of kindness today	<u>Eat Your Veggies</u> Eat 3 servings of veggies today. Try a variety of colors
<u>Step It Up</u> Get 10,000 steps in a day and challenge a friend	<u>Log it</u> Keep an exercise log for a full week & write out 5 health goal/habits you'd like to continue	<u>Track Your Food</u> Track one day of food intake 	<u>Something New</u> Try a new online exercise class	<u>Positivity</u> Write a letter and send it to someone who has positively impacted you
<u>Hydrate</u> Drink 64 oz. of water for the day	<u>Zero Sugars</u> Go a full day with NO sugars		<u>Electronic Free</u> Stay off social media for 24 hours	<u>Cardio Love</u> 30 minutes of Cardio exercise 
<u>Lifting workout</u> Do: 10 bicep curls 10 skull crushers/triceps curls 10 overhead press	<u>Reflection</u> Write in a journal and reflect 	<u>Snack Time</u> Eat vegetables for a snack	<u>Walk it Out</u> Take a 30 minute walk (preferably outdoors) Enjoy the beauty of nature	<u>Balance</u> Life is a balance, so treat yourself!
<u>Healthy Eating</u> Try a new healthy recipe and share it with someone.	<u>Playtime</u> Take time to play – play in the snow, ride a bike, play hopscotch, etc.	<u>Show Your Moves</u> Turn on your favorite music and dance for 10minutes	<u>Enrichment</u> Read a book, article, or listen to a podcast on a new topic 	<u>Re-connect</u> Reach out to a family member or friend that you miss

RULES:

- Cross off squares as you complete them
- For every line that is completed (across, down, or diagonally), your name will be entered in for the grand prize drawing. For example: If you complete four rows or columns, your name will be entered in four times.
- Game begins on December 1, 2020 and ends on January 18, 2021.
- Send completed THIEL BINGO card to: (jkychak@thiel.edu). Can send a picture or scan and email.
- Good Luck and if completed, you are on your way


 to a *Healthier You*

Name: _____

Sponsored by the Wellness Committee

Dept.: _____