

Name: _____

Wellness begins with you!!

Wellness Bingo

Complete 5 BINGO squares, and your name will be entered into a Wellness raffle.

Complete 10 BINGO squares, and your name will be entered twice into a Wellness raffle.

The Wellness BINGO Challenge will run from **March 2nd to March 31.** Return to the Sinclairville Free Library by April 3rd when completed.

Physical Wellness	Intellectual Wellness	General Wellness	Whole Body Wellness	Emotional & Spiritual Wellness
Go to the gym with a friend	Read a new book	Have a coffee/tea/beverage date with a friend	Get at least 8 hours of sleep (at least 10 days during a month)	Meditate (on your own, or go with an online guided practice)
Try a new fitness activity	Listen or watch and recommend a TED talk to someone else	Bring in a non-perishable food item for our local food pantry.	Drink at least 1.5 L of water each day for a week.	Get a relaxing massage.
Play a sport with a group of people	Go to a cultural, musical, museum or themes festival	Wellness free choice. Choose a wellness activity that suits you best.	Kick a bad habit. (biting your nails/fingers, drinking soda or pop)	Go to a Yoga, Pilates, Zumba or Pound class.
Go for a hike, brisk walk or run	Do a crossword puzzle, sudako, or wordsearch.	Face-time or call a family member you haven't talked to in a while.	Make a healthy smoothie for breakfast.	Write a list of short or long term goals and create an action plan for those goals.
Go to the gym for a workout	Create a DIY craft and FINISH it.	Give up social media for a day. If you are not on social media-give up TV for a day.	Try cooking a new healthier recipe.	Go to a local sporting event with friends.
Walk up the stairs instead of taking the elevator for a week	Life is about balance, so treat yourself to something new, special and yummy!	Focus on taking more photos to document special moments.	Prepare a healthy snack for your work day.	Keep a gratitude journal- write down 3 things you are grateful for each day for the month.