

## Healthy Ashtabula Bingo

Are you ready to make health and wellness fun? Dive into our Healthy Ashtabula Bingo – a game designed to inspire, motivate, and unite our community to achieve better health.

Here is the link for the 1-minute video: [https://www.youtube.com/watch?v=en6\\_sNVVHos](https://www.youtube.com/watch?v=en6_sNVVHos)

### How to Play

#### 1. Choose Your Challenge:

- Your goal can be as big or as small as you like. Aim for a single-line bingo or multiple lines, or go for the total blackout board!

#### 2. Adapt to Fit Your Needs:

- Feel free to modify the activities to suit your health goals, abilities, and preferences. This challenge is about improving your health in the best way for you.

#### 3. Stay Consistent:

- Try to complete at least one activity per day. Remember, consistency is key to forming healthy habits.

#### 4. Mark Your Progress:

- Cross off each completed activity on your bingo board. Feel the satisfaction of seeing your achievements add up!

#### 5. Share Your Journey:

- If you're on social media, we'd love to see your progress! Post a picture of your bingo board and use the hashtag #HealthyAshtabulaBingo. Let's inspire our community together!

#### 6. Celebrate Your Wins:

- Whether it's a single bingo or a total blackout, you are the winner of your board. Celebrate each step you take towards a healthier lifestyle.

**Remember:** This is more than just a game; it's a step towards a healthier you. Every activity you complete is a victory. Let's make January a month of health, happiness, and community spirit in Ashtabula County!

# Healthy Ashtabula Bingo

How to play: Complete activities in a row, column, diagonal, or the entire board. Adapt as needed by modifying activities to fit your lifestyle and health goals. Share on social media (Optional) by posting your board or pictures with #HealthyAshtabulaBingo. Celebrate your health journey. Every completed task is a step towards a healthier you!



Check your blood pressure	Go to bed an hour earlier than usual.	Skip added salt for a day	5-10 minutes of morning stretching	Eat a serving of berries...(try frozen)
Do a random act of kindness	Try a heart-healthy recipe	Do a cardio workout	Enjoy a hearty laugh	Take a photo (or admire) something beautiful in nature
Eat a salad with leafy greens	Attend a Yoga/ Pilates session in person or virtual	 Connect with a love one	Have a meal with omega-3 fatty acids (ex salmon or flax seeds)	20-30 minute brisk walk
Limit processed foods for a day	Get 7-8 hours of sleep	Create something (drawing, writing, anything)	Drink 5-8 cups of water	Watch this 1-min video: <a href="https://www.youtube.com/watch?v=en6_sNVVHos">https://www.youtube.com/watch?v=en6_sNVVHos</a>
Share this Bingo board with a friend	Make a doctors appointment that you have put off (or similar)	Spend one hour less on digital devices	Take stairs instead of the elevator	Plan a healthy meal/snack for a day or the week

#HealthyAshtabulaBingo