

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.

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 spring into March with health, happiness, and community spirit in Ashtabula County!

Check out these great resources for more tips and activities to help you succeed with your April Bingo goals!

Gentle Yoga with Shanti Yoga Love: <https://www.youtube.com/watch?v=PglSfBna3J8>

PM Yoga with ACMC: <https://www.youtube.com/watch?v=OKt8ff6VsAg>

Chair Yoga with Ashtabula County YMCA: https://www.youtube.com/watch?v=HWWrlW_oxCY

Ashtabula County Metroparks: <https://ashtabulametroparks.com/>

Mindful Recipes: <https://www.mindful.sodexo.com/mindful-meals-recipes/>

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!



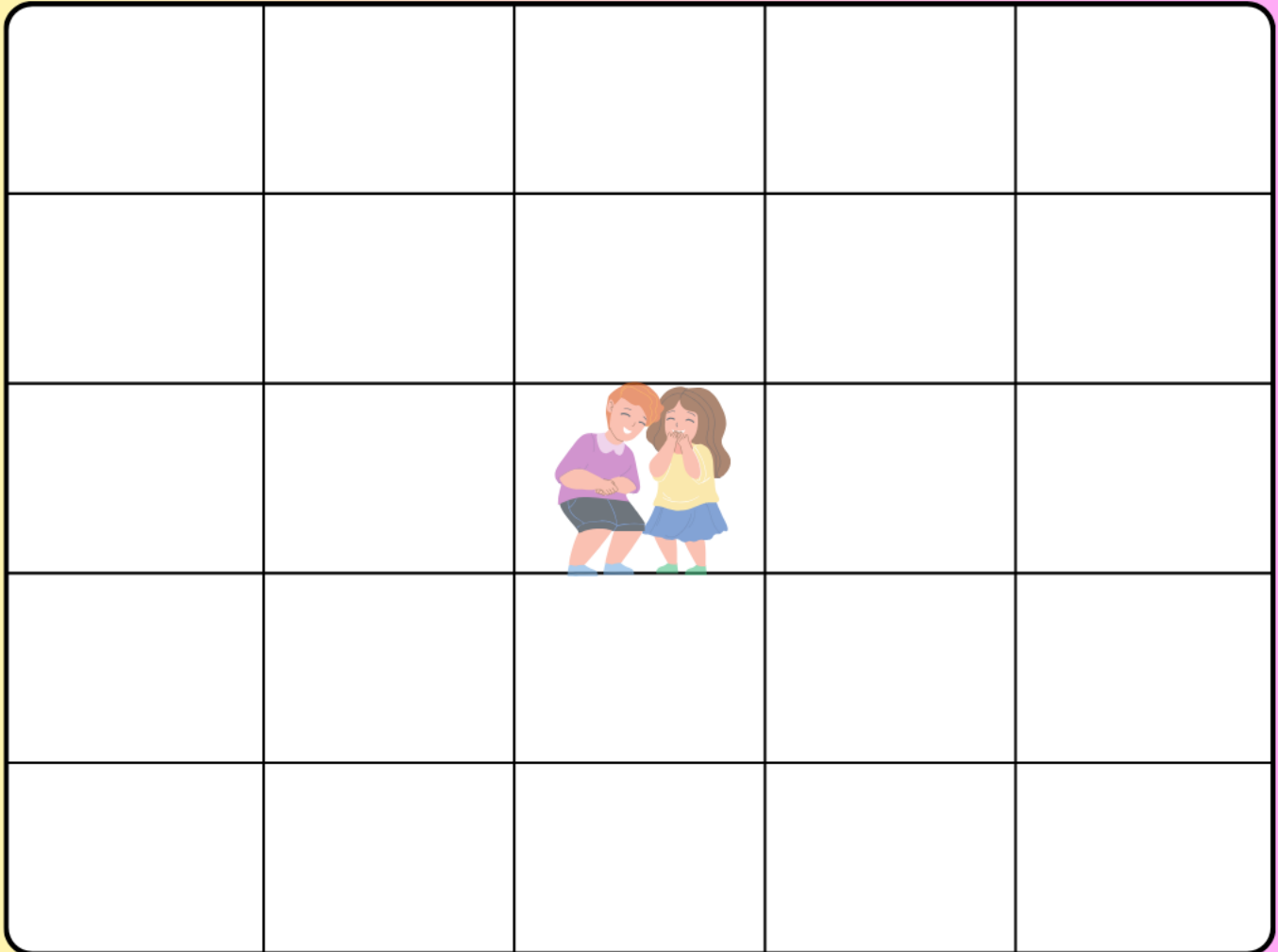
Do morning and/or evening stretches	Have a healthy picnic at a local park.	Cook a healthy meal at home.	Have a 15-minute dance session. Alone or with others	Try 3 servings of whole grains within a week
Declutter a space in your home for 30 minutes.	Take a healthy snack to take to work or school	Complete a 30-minute workout at home.	Eat breakfast	Spend a day without social media
Prepare a meal with at least three different types of plants	Protect your eyes during the eclipse		Share a healthy recipe with friends and try one you've received in exchange.	Take a walk (in the rain)
Establish a nightly routine for better sleep quality.	Try a new outdoor fitness activity.	Drink a glass of water when you first wake up	Spend 15 minutes outside listening to spring sounds	Flavor your meals with herbs and spices instead of salt.
Have a screen-free evening	Attend a yoga or Pilates session.	Call someone you haven't spoken to in a while.	Create some art	Drink at least 64oz of water in one day

Learn more at www.healthyashtabulacounty.com

Blank board if you want to make your own prompts.

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!



Learn more at www.healthyashtabulacounty.com