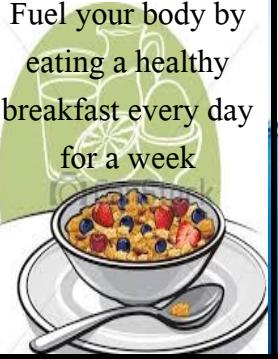


# Healthy Habits



<p><b>TRY A NEW EXERCISE</b> <b>(YOGA WEDNESDAY AT CHS?)</b></p> 	<p><b>Supplement Facts</b></p> <p>Serving Size Servings Per Container Amount Per % Daily Value</p> <p>Read nutrition labels on all foods you eat for 2 days</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value Not Established.</small></p>	<p><b>10,000 STEPS</b></p> <p>Get 10,000 Steps in a day. 5 times</p>	 <p>Eat 3 servings of Veggies in one day 3 times</p>	 <p>Do something relaxing for 15 mins every day for 3 days</p>
 <p>Get 8 hours of sleep for 3 days</p>	<p><i>Exchange 2 processed snacks in a week with fruit or yogurt.</i></p> 	<p>Download the CALM app and try a quick meditation.</p> <p><a href="https://www.calm.com/schools">https://www.calm.com/schools</a>  Scroll all the way down on site to apply for FREE educator app.</p>	<p>Leave a kind, encouraging note in a co-worker's mailbox.</p>	<p>Share a "healthy selfie" on Twitter. Use #fit58</p>  <p><b>Healthy Selfie</b></p>
<p>Get outside for a walk or bike ride!</p> 	 <p>Skip fast food for 5 days.</p>	<p><b>FREE SPACE</b></p>	 <p>Fuel your body by eating a healthy breakfast every day for a week</p>	<p><b>Drink water at every meal and at snacks for 5 days</b></p>
<p><b>Avoid added Sugar for a day 2 times</b></p> 	 <p>Do 20 minutes of stretching for 3 days</p>	<p>Avoid All Fried/Fatty Foods for 3 days</p> 	<p><u>Menu</u> Look up the nutrition information for your favorite restaurant meal.</p>	 <p>Keep an exercise log for one week</p>
<p><b>DRINK more WATER</b></p>  <p>Drink at least 64 ounces of water a day for 3 days</p>	<p>Walk the building "trails" 5 days in one week.</p> <p>Maps at 58fitness.com</p>	 <p><b>Eat a fruit or vegetable with every meal for 5 days</b></p>	<p><a href="#">Click here to Share a healthy recipe.</a> View all at 58fitness.com.</p> 	<p><b>BRAVO! WELL DONE! YOU DID IT! YOU'RE THE STAR! YOU SHINE! TAKE A BOW!</b></p> <p>Encourage a student</p>

# Healthy Habits

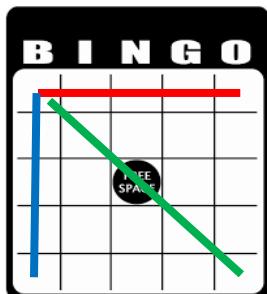


**What:** Participate in the activities listed on the Healthy Habits Bingo card to create one or more of Bingos and earn entries for a chance to win prizes. Place an X through each square when an activity is complete.

**When:** Bingo challenge begins **Wednesday, May 1st** and runs through **Tuesday May 14th**. Complete name and school on the bottom of this sheet and scan or send copy via campus mail to Michelle Kruse by 5/17 to receive entry credits. Entry credits will be calculated after Bingo cards are turned in.

**Prizes:** Prize draw is on **Mon, May 20th**. One prize per winner. Prizes include Garmin device, Center half-zips, Coffee/Tea from Second Best delivered to your classroom/office and more! Prizes will be awarded in order drawn.

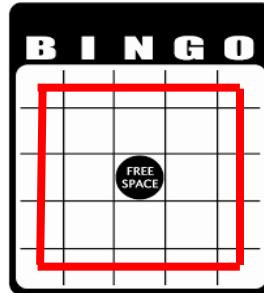
EACH 1 LINE =  
1 ENTRY Horizontal,  
Vertical or Diagonal



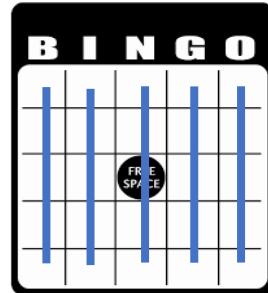
X or CROSS =  
3 ENTRIES



SQUARE =  
5 ENTRIES



BLACKOUT = 12  
ENTRIES



NAME: \_\_\_\_\_

Building: \_\_\_\_\_