

2022 WELLNESS

BINGO

1 DATE: Walk an extra 2,000 steps or an extra mile	2 DATE: Refrain from second helpings at any meal	3 DATE: Try a new recipe	4 DATE: Compliment someone	5 DATE: Drink 64 oz. of water
6 DATE: Measure your blood pressure	7 DATE: Take DEEP 10 breaths in and out.	8 DATE: Snack on your favorite veg: <i>eg Carrots</i>	9 DATE: De-stress, call and check on your best friend	10 DATE: Cook healthy at home and eat it
11 DATE: Put on your best Music and dance for 30 minutes	12 DATE: Relax and talk with your loved ones	13 FREE SPACE You choose! Here is what I did _____	14 DATE: Exercise as tolerated for 30 minutes	15 DATE: Go to bed on time & get enough sleep
16 DATE: Do household work	17 DATE: Do Yardwork	18 DATE: Enjoy fruits of your choice	19 DATE: Keep appointment with your provider	20 DATE: Be medically compliant always
21 DATE: Cook healthy meal enjoy with family	22 DATE: Always maintain Hydration –drink water	23 DATE: Read about diabetes at CDPC Website	24 DATE: Be very active in your own care	25 DATE: Take a nature walk



CHRONIC DISEASE
PREVENTION COUNCIL

2022 WELLNESS

BINGO

- Complete a vertical, horizontal, or diagonal line and receive a CDPC *Water bottle*
- Complete a blackout and earn a **Mystery PRIZE**

Information About You:

Print Info of BINGO Player: *(Name of person submitting BINGO card)*

NAME: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____

Email: _____

Return Your Contact Info and Card to: Devona@ChronicDiseaseNM.org

FOR MORE INFO GO TO:
www.ChronicDiseaseNM.org