

Wellness Made Simple

Employee BINGO Challenge Card

H	E	A	L	T	H	Y
Take the stairs for an entire week	Replace soda with water for an entire week	Get your Blood pressure checked	Run 1 mile one time	Eat a healthy breakfast for 3 days	Join a gym	Engage in an exercise class
Take a 20 minute walk at lunch for at least 3 days	Eat 3 servings of fruit for 3 days	Bring your own healthy lunch to work for 3 days	Participate in a Florida Blue coaching program	Exercise in your area for 15 minutes for 3 days	Limit your sodium intake for a week	Complete colonoscopy if you are 50 and over
Drink 64oz. of water daily for 5 days	Take the stairs for an entire week	Park your vehicle away from your building and walk	Try a vegetarian meal at lunch or dinner	Take Personal Health Assessment	Complete annual physical	Do 30 minutes of your favorite cardiovascular exercise
Attend meditation session	Go swimming	Try to complete 10 pushups	Be fast-food free for 3 days	Brush your teeth and floss twice a day for a week	Walk 1 mile one time	Complete mammogram if you are 40 and over
Complete annual PSA testing if you are 40 and over	Practice counting to 10 when you are stressed	Relax an hour one day in a week without TV, computer or phone	Eat your lunch away from your desk for 3 days	Say something nice to a complete stranger	Tour the RecPlex if not a member	Volunteer your time for an hour or more

***See the reverse side for additional details on all activities**

Wellness Made Simple. BINGO Challenge Instructions

1. Challenge ***starts September 1 and ends September 30***
 2. In order to participate in the bingo challenge, you are required to register for the program via Shark Talent and download the bingo card. If you are a winner and located off main campus, your prize will be mailed to you.
 3. Goal is to participate in healthy activities and have fun at the same time
 4. Once you complete a healthy activity for a square, place a check mark and the date of completion. You need to complete three activities per letter, but we challenge you to do more
 5. Take your time; the challenge doesn't have to be completed in one day– you have until September 30th to spell HEALTHY three times
-

Tips to completing some of the activities

- Take the stairs for an entire week. One flight of stairs 3 times a day burns 15 calories based on a 150-160 lb person.
 - Avoid fast food restaurants. Use your judgement of what being fast-food free is.
 - ICUBA members, to complete Personal Health Assessment (PHA) log on by registering to www.floridablue.com. To participate in coaching program call 1-800-477-3736 ext. 54837
 - If you've had an annual physical or wellness screening (PSA, colonoscopy and mammogram) in the last year, check the box. If you haven't, it might be time to get one.
 - Cardiovascular activities consists of walking, the elliptical machine, biking, running, aerobics, swimming and etc.
 - The health of your teeth can affect heart health, diabetes and even pregnancy so brushing your teeth twice a day and flossing once a day is a great preventive measure to avoid gum disease.
 - Try a meal that does not have meat in it.
 - Meditation sessions are offered on main campus in HPD Library, Room 3142. Attend one.
 - RecPlex is a great gym facility on main campus for employees looking to begin an exercise regimen.
 - Run or walk 1 mile = 2,000 steps on a pedometer.
-

Drawing

- All employees will be entered into a drawing after completing the challenge by faxing the bingo card to 954.262.6859, email and/or interoffice mail it to me.
- The winners will be selected on October 6th.
 - 10 winners will be chosen
- The prizes are as followed (2) in each category:
 - Resistance band
 - Fitbit
 - One month work out at the RecPlex, if not a member
 - Healthy lunch delivered to you while at work
 - A gift card

For more information, please contact Ronenia Jenkins ext 27879 or rjenkins@nova.edu.

Please include name, NSU ID and contact information on the bingo card.