



HEALTHY HABITS BINGO

Have a Dance Party	Drink 8 glasses of water	Do yoga	Eat more fruits	Drink herbal tea
Eat mindfully	Buy a herb plant	Go on a nature hike	Laugh and smile	Go for a Walk
Take a cold shower	Take the stairs	FREE SPACE	Eat more vegetables	Get 10,000 steps in one day
Cook at home	Make homemade soup	Grocery shop mindfully	Take a bubble bath	Stretch
Have a nap	Use sunscreen	Deep Breathing	Sleep for eight hours	Try a new exercise

EMAIL COMPLETED BINGO CARDS TO
WELLNESS@WAYPOINTCENTRE.CA