



HEART HEALTHY

How many heart healthy BINGO squares can you accomplish?

B	I	N	G	O
Find a salt alternative	Update your family history with your provider	Have your next dental cleaning scheduled	Carry and updated list of your medications	Identify free time to make room for physical activity in your day
Bake, broil, or grill your food using less fat	Have your next wellness visit scheduled with your health care provider	Drink at least 64 ounces of water today	Walk or dance in places during commercials while watching TV	Do 10 minutes of stretching
Eat 5 servings of non-starchy vegetables today	Keep and exercise log for one week		Set a time to go to bed and a time to get up every day	Do something that you enjoy for 15 minutes
Find 3 ways to turn negative self-talk to positive self-talk	Check your blood pressure		Check out 802 Quits or a Fresh Start Tobacco Quit Class	Eat a fruit or vegetable at every meal
Take the stairs instead of the elevator	Replace one sugary beverage with water	Think of one thing you are thankful for today and share it with someone	Keep a food log for one week	Try a new whole grain food