

Bingo Health

March 1 to March 26, 2021



Be FREE From Electronics

Interact With Colleagues

Nutrition

Get Going!

Ontrack with Mental Health

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

POWER DOWN
Turn off your cellphone from 7-8 pm

FACE TO FACE
Schedule virtual TEAMS break with a colleague

HYDRATE
Drink min 8 glasses of water

RUN/WALK/ROLL
20-min walk/run/roll around your neighbourhood

'OM'
Meditate for 5 minutes

Week 2

WALK AWAY
Step away from your workstation during the lunch hour

KUDOS
Give praise to a colleague for job well done!

JUNK FOOD FREE ZONE
Replace junk food snacks with healthy alternatives

DANCE PARTY
Turn up the music and dance for 10 minutes

LET'S PLAY
Do a puzzle (crossword, sudoku, piece puzzle) or play a board game

Week 3

PUT THAT PHONE AWAY / SLEEP WELL
No cellphones in your bedroom while sleeping

RECONNECT
Reach out to a colleague or former colleague who you haven't talked with in the past 3 months

PLANT-BASED DAY
Be vegan today! No animal products whatsoever!

STRIKE A POSE
Hold a pose for 1 minute at the top of each hour of the workday (eg. Plank, V-up, wall sit)

PAY IT FORWARD
Perform one random act of kindness

Week 4

HELLO...
Call instead of text: call someone you would normally text in a day

ENJOY A BEVERAGE
Invite a colleague to catch-up at 4:30 with a beverage

AN APPLE A DAY
Eat 10 servings of fruits and vegetables

PUSH IT
50 push-ups (full, knee or wall) OR 50 biceps curls

READ
Leisure reading for 15 minutes