



LIVING UP
WELLNESS

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How to play: over the next few weeks, as a family, try to get an entire row or column!

The idea is to stay healthy and active with the whole family. When you do, take a picture, post on social media (tag me so I can see it) I'll choose a few winners for special prizes :)

Healthy Habits Family Bingo

PLAY FREEZE TAG, OR HIDE & GO SEEK	WRITE 3 THANK YOU NOTES	TRY/EAT SOMETHING GREEN TODAY	TURN ON MUSIC AND DANCE	HAVE A SCAVENGER HUNT
REPLACE ONE SWEET WITH A FRUIT INSTEAD	GET ACTIVE FOR 15 MINUTES	COOK A MEAL TOGETHER	READ A CHAPTER IN A BOOK TOGETHER/SEPARATELY	GO ON A BIKE RIDE/WALK WITH THE WHOLE FAMILY
TRY A NEW FOOD	MAKE HALF YOUR PLATE VEGETABLES OR FRUITS	<i>Free</i>	CHOOSE A WHOLE GRAIN: BROWN RICE, WHOLE WHEAT PASTA, WHOLE GRAIN BREAD	EAT 1 CUP OF VEGGIES TODAY
EAT 1 PIECE (1 CUP OF FRUIT TODAY)	DO 1 MINUTE OF JUMPING JACKS	EAT SOMETHING THAT IS PURPLE/BLUE	CHOOSE A HEALTHY FAT: NUTS, SEEDS, AVOCADO	PLANT 1 THING AND SCHEDULE WHICH DAYS YOU ARE RESPONSIBLE FOR IT
EAT 2 DIFFERENT VEGETABLES TODAY	BUILD AN OBSTACLE COURSE & PLAY FOR 60 MIN	NAME 3 THINGS YOU ARE GRATEFUL FOR	FIND A HEALTHY RECIPE & COOK A NEW DISH TOGETHER	MAKE SNACK PACKS OF VEGGIES, HEALTHY DIP & FRUIT