




**RCC Health & Wellness Committee
Presents**

Physical BINGO Card!

Week 2 theme: Physical Nourishment

Physical activity is key to improving the health of the nation. Based on the latest science, the Physical Activity Guidelines for Americans is a flagship resource for health professionals and policymakers that provides recommendations on how everyone can improve their health through regular physical activity. Learn ways to help people understand the benefits of physical activity and how to make it a part of their regular routine. You can find tips on healthier eating habits from the DHS's website: <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

Grab a co-worker and go for a walk	Sweep or vacuum the floor	Completed a memory game (e.g., crossword, jigsaw)	Meditate for 10 minutes	Take a 30 minute brisk walk
Take 10 deep breaths	Sleep for a full 8 hours	Choose water over a sweetened beverage	Dance to music for 15 minutes	Take your grocery cart back to the front of the store
Do a muscle-strengthening activity	Declutter a space	 Free Space!	Practiced yoga poses or tai chi to relieve stress	Park farther away than usual for extra steps
Work out 4 times this week	Made my MyPlate plan via USDA*	Participated in an online fitness class	Rake leaves	Stretch 2-3 times in a day
Go on a hike	Go for a bike ride	Floss after every meal for a day	Do yard work for 30 minutes or more	Take a 30 minute brisk walk three times a week



Participate in this week's physical BINGO with the BINGO card above. Each individual that submits a BINGO will win a prize! Complete a BINGO in all 4 weeks and be entered in for an extra special prize.

Email completed BINGO cards to cmurff@rogucecc.edu