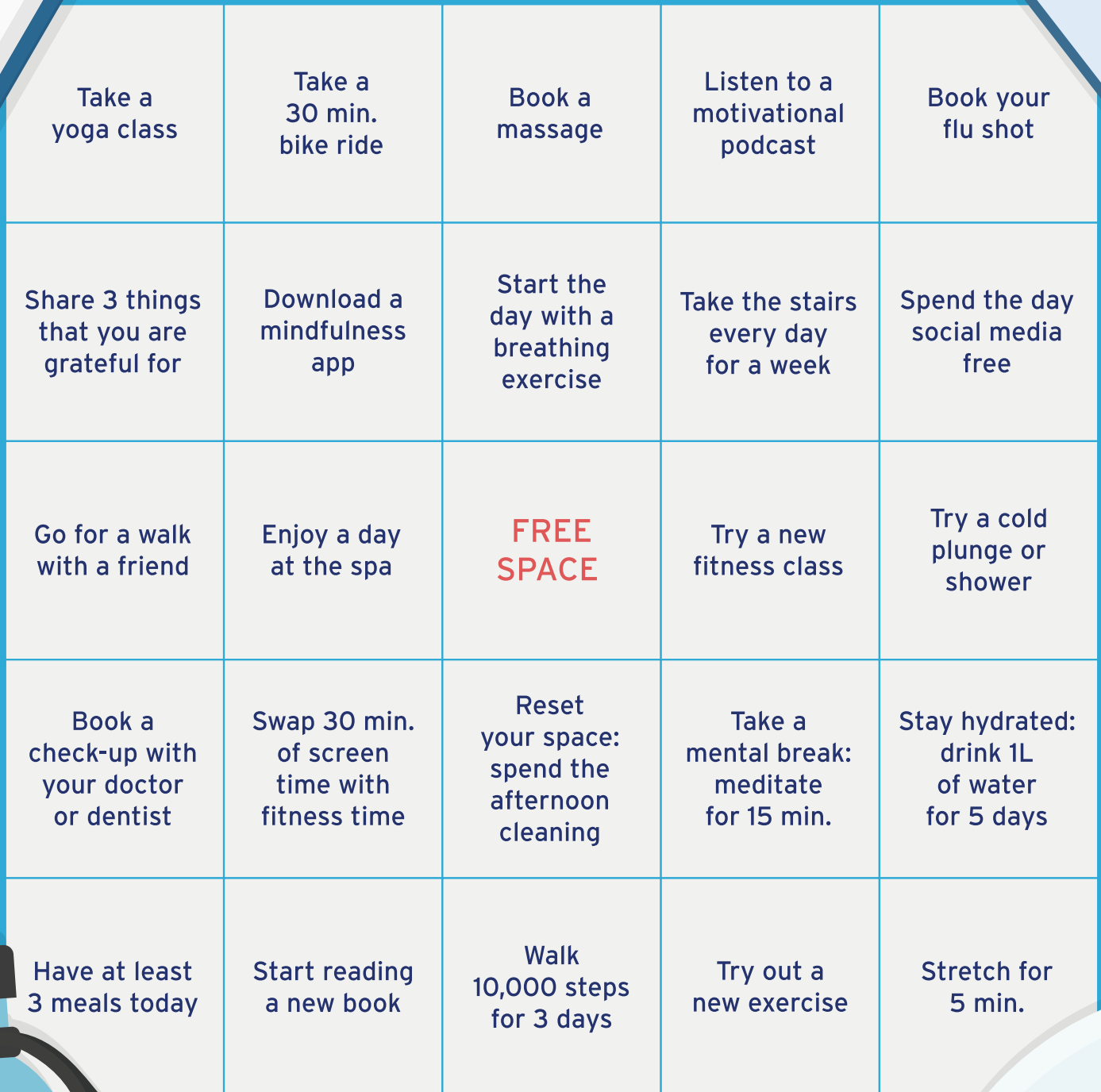


# Wellness Bingo

Ready. Set. Thrive.



Take a yoga class	Take a 30 min. bike ride	Book a massage	Listen to a motivational podcast	Book your flu shot
Share 3 things that you are grateful for	Download a mindfulness app	Start the day with a breathing exercise	Take the stairs every day for a week	Spend the day social media free
Go for a walk with a friend	Enjoy a day at the spa	<b>FREE SPACE</b>	Try a new fitness class	Try a cold plunge or shower
Book a check-up with your doctor or dentist	Swap 30 min. of screen time with fitness time	Reset your space: spend the afternoon cleaning	Take a mental break: meditate for 15 min.	Stay hydrated: drink 1L of water for 5 days
Have at least 3 meals today	Start reading a new book	Walk 10,000 steps for 3 days	Try out a new exercise	Stretch for 5 min.