

Participate in the **Employee Fitness Challenge - Strive to Thrive BINGO challenge** during the two-week period of Nov 1, 2021 - Nov 14, 2021

Check off any of the activities that you do and attach your BINGO sheet to your November 15, 2021 progress report submission. Everyone who participates will be entered into a draw for a prize, with a grand prize going to one lucky person who completes the whole card!



B	I	N	G	O
<p>Make a recipe from one profiled on the Blog on the Fitness Challenge webpage</p>	<p>5 DAYS: Have a fruit or vegetable with EVERY meal 1 2 3 4 5</p>	<p>3 TIMES: Spend 5 minutes doing a mindfulness practice 1 2 3</p>	<p>4 NIGHTS: Spend 10 minutes doing a really good stretch before bed 1 2 3 4</p>	<p>Connect with a coworker to see how they are doing</p>
<p>5 TIMES: Do one minute of jumping jacks 1 2 3 4 5</p>	<p>Read a book</p>	<p>Use reusable grocery bags when shopping</p>	<p>3 TIMES: Eliminate all sweets (cookies, candies, etc.) for the whole day 1 2 3</p>	<p>Listen to an inspirational or motivational Ted Talk or Pod Cast</p>
<p>Write in a journal and reflect</p>	<p>Perform a random act of kindness - do something nice for someone</p>	<p>Free Space</p>	<p>7 TIMES: Plank for 30 seconds daily for a week 1 2 3 4 5 6 7</p>	<p>4-TIMES: Get a full 8 hours of sleep 1 2 3 4</p>
<p>Share an inspiring quote with a colleague</p>	<p>Write 5 things you are grateful for</p>	<p>4 TIMES: Go for a walk outside while staying off your phone (except for music) 1 2 3 4</p>	<p>Do a creative activity (draw, paint, colour a picture, knit, build, etc.)</p>	<p>5 DAYS: Drink 8 glasses of water per day 1 2 3 4 5</p>
<p>Floss your teeth every day</p>	<p>Submit a photo, recipe or personal story to nancy.scarrow@ufv.ca for our Fitness Challenge blog</p>	<p>Reach out to a family member or friend you miss</p>	<p>Play a game instead of watching TV</p>	<p>Take a long forest bath or "Shinrin-yoku", the Japanese practice of taking in the forest through your senses</p>