

GEORGIA LAWYERS LIVING WELL




A wellness program of the State Bar of Georgia.

WELLNESS BINGO

Start Date: ___/___/_____

Finish Date: ___/___/_____

<p>Read an article on a health topic of your choice.</p> <p>Date: _____</p>	<p>Make a new healthy meal for lunch or dinner.</p> <p>Date: _____</p>	<p>Take a 20-minute walk.</p> <p>Date: _____</p>	<p>Attend a group exercise class.</p> <p>Date: _____</p>	<p>Track your water intake for seven consecutive days.</p> <p>Date: _____</p>
<p>Practice a new breathing exercise at work.</p> <p>Date: _____</p>	<p>Treat yourself to a massage or another relaxing activity.</p> <p>Date: _____</p>	<p>Volunteer to support a cause you're passionate about.</p> <p>Date: _____</p>	<p>Get your blood pressure checked.</p> <p>Date: _____</p>	<p>Pack a healthy lunch at least three days in one week.</p> <p>Date: _____</p>
<p>Spend a day "unplugged"—no computer, phone or television.</p> <p>Date: _____</p>	<p>Join a social club for a shared interest, like literature, sewing or a sport.</p> <p>Date: _____</p>	 <p>FREE SPACE</p>	<p>Journal one day's worth of your thoughts and feelings.</p> <p>Date: _____</p>	<p>Try a new exotic fruit or vegetable.</p> <p>Date: _____</p>
<p>Make a new friend.</p> <p>Date: _____</p>	<p>Research a question you've had for a while and learn something new.</p> <p>Date: _____</p>	<p>Spend quality time with a family member or friend.</p> <p>Date: _____</p>	<p>Create a new way to manage stress, like taking a walk or eating healthy.</p> <p>Date: _____</p>	<p>Practice mindfulness for a day.</p> <p>Date: _____</p>
<p>Aim for seven to eight hours of good sleep for three days.</p> <p>Date: _____</p>	<p>Visit a doctor for your annual check-up and ask questions about your health.</p> <p>Date: _____</p>	<p>Try meal-prepping one weekend to avoid eating out during the week.</p> <p>Date: _____</p>	<p>Drink 64 ounces of water each day for three days.</p> <p>Date: _____</p>	<p>Get at least 15 minutes of outdoor time each day for a week.</p> <p>Date: _____</p>