

## Growing Younger “BINGO”

Brush your teeth twice everyday for a week	Get a massage	Schedule your annual physical – or if you have had one in the last 12 months	Balance on one foot for at least 15 seconds – use support as needed	Update your Emergency Contact info with family members and caregivers
Schedule to see a dermatologist	Take 15 minutes of your lunch break to walk at least three times this week	Read the comics and give yourself permission to laugh “just because”	Schedule your next dentist appointment	Get a manicure or pedicure
Find some riddles on the internet or at the library and try to solve them	Treat yourself to a “splurge” – what was it?	Start a new hobby or try a new sport	Try a new fruit or veggie	Clean out your medicine cabinet – dispose of old prescriptions and OTC medications properly
Schedule an eye exam or if you have had one in the past 12 months	Call a long lost friend or family member and catch up	Go caffeine free for at least one day	Make a checklist of all medications and supplements you take and share it with your Dr.	Empty the dishwasher with your non-dominant hand
Do 20 push-ups (on the wall, against a desk or on the floor – your choice)	Spend 15 minutes with someone who makes you smile/laugh	Write your name with your non-dominant hand 10 times	Try to complete a crossword puzzle or word find – spend at least 15 minutes on it	Take a short walk and spend at least 10 minutes stretching

*You don't have to just get a line across, down or diagonal... the goal is to fill your BINGO card 60 days from the day you start.*

**Some tips to get you started and keep you motivated:**

- Keep your BINGO card in a highly visible place (on the fridge or at your desk).
- Make copies and do it with family or friends.
- Feel free to swap out any two squares with a different wellness-type activity of your choice.

Name: \_\_\_\_\_

Start date: \_\_\_\_\_

Goal end date: \_\_\_\_\_

