### Bingo Rules:

1. It is **your responsibility** to cross off the squares you have completed on your own Bingo board.

2. Any one wellness activity that you complete cannot count for **more than one square** on your board.

3. Any five wellness activities completed in a row on your board counts as a BINGO! Based on the number of Bingos you achieve you will have an opportunity to win a prize from a specific tier (winners will be randomly selected from eligible boards received):
   - Tier 1 = One Bingo ($10 value)
   - Tier 2 = Two Bingos ($20 value)
   - Tier 3 = Three Bingos ($30 value)
   - Tier 4 = Board Blackout ($50 value)

4. Bingo boards must be submitted by 5 pm on **January 11, 2013**. Fax completed boards to 404-727-7500 Attn: Dawn McMillian or email to efsap@emory.edu

Prize winners will be announced the week of January 14, 2013.

### Bingo Board Examples:

<table>
<thead>
<tr>
<th>Wellness Activity</th>
<th>Wellness Activity</th>
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<th>Wellness Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go outside for some fresh air when you are starting to feel stressed or tired</td>
<td>Eat your dinner at a table while turning off your cell phone &amp; TV</td>
<td>Visit or tour a gym facility</td>
<td>Take the stairs instead of the elevator at work all week</td>
<td>Participate in 30-min of moderate to vigorous intensity exercise</td>
</tr>
<tr>
<td>Play a game with kids, family members, or friends</td>
<td>Meditate for 10 minutes</td>
<td>Do not watch television for 24 hours</td>
<td>Go to a park</td>
<td>Eat 5 servings of fruits &amp; veggies for 3 days in a row</td>
</tr>
<tr>
<td>Get 6-8 hours of sleep for three days in a row</td>
<td>One meatless day</td>
<td>Go for a 30-minute walk</td>
<td>Have a healthy lunch with a co-worker</td>
<td>Schedule a preventive medical exam or onsite biometric screening</td>
</tr>
<tr>
<td>Walk or run 2 miles</td>
<td>Participate in a charitable act</td>
<td>Make a gratitude list</td>
<td>Order from the low-calorie menu list at a restaurant</td>
<td>Drink 2 or fewer caffeinated beverages for the day</td>
</tr>
<tr>
<td>Cook 3 meals at home this week</td>
<td>Spend 10-minutes stretching three days this week</td>
<td>Send a card, email, or visit someone you haven’t talked to in awhile</td>
<td>Drink 8 glasses of water for 3 days in a row</td>
<td>Ask friend or family member to join you on a walk or hike</td>
</tr>
</tbody>
</table>

See attached activities sheet of resources to help complete your board.
• Go outside for some fresh air when you are starting to feel stressed or tired
• Eat your dinner at a table and turn off your cell phone and TV. This will allow you to communicate more with your family and enjoy each other’s company.
• Visit or tour a gym facility. Go to your local fitness center or take advantage of the fitness facility discounts offered to all Emory faculty. [www.fsap.emory.edu/health/fitnessprograms/fitnesscenters.html](http://www.fsap.emory.edu/health/fitnessprograms/fitnesscenters.html)
• Take the stairs instead of the elevator at work all week.
• Participate in 30 minutes of moderate to vigorous intensity exercise. These are activities that cause you to sweat and increase your heart rate. Examples include brisk walking or running, dancing, aerobics, cycling, and rock climbing.
• Play a game with kids, a family member, or friend. Whether it’s a board game or a pick-up game, participate in a fun group activity.
• Meditate for 10 minutes. Sit down, close your eyes, take deep breaths, and just focus on your thoughts.
• Do not watch television for 24 hours. This includes Netflix, Hulu, as well as any other device you might watch your favorite show on (laptop, tablet, phone, iPod, etc).
• Go to a park. You can take your dog for a walk or go on a nice scenic walk with your family. Just get outside and enjoy the fresh air.
• Eat 5 servings of fruits and veggies for 3 days in a row. Visit your local grocery store or farmer’s market to get fresh, local foods.
• Get 6-8 hours of sleep for 3 days in row.
• One meatless day. No chicken, beef, pork, fish, or any other meat for a day. For healthy, vegetarian recipes, visit [http://allrecipes.com/Recipes/Everyday-Cooking/Vegetarian/](http://allrecipes.com/Recipes/Everyday-Cooking/Vegetarian/)
• Go for a 30-minute walk. Whether it’s inside on the treadmill or outside on a trail, walk continuously for 30 minutes.
• Have a healthy lunch with a co-worker. This is your opportunity to bond with that new co-worker or catch up with a friend.
• Schedule a preventive medical exam or onsite biometric screening. You can schedule an appointment for your yearly check-up or come to a screening a biometric screening at Emory [www.hr.emory.edu/screenings](http://www.hr.emory.edu/screenings)
• Walk or run 2 miles.
• Participate in a charitable act. This can be something as big as volunteering for a charity or something as simple as giving your seat on the bus to someone without one.
• Make a gratitude list. List at least 10 things for which you are grateful.
• Order from the low-calorie menu list at a restaurant. To find low calorie options, visit [www.calorieking.com/foods/](http://www.calorieking.com/foods/).
• Drink 2 or fewer caffeinated beverages for the day. Try water or decaf options instead.
• Cook 3 meals at home this week. Go exploring; find at least 3 quick and simple recipes to cook at home.
• Spend 10 minutes stretching 3 days this week. Stretching keeps muscle from stiffening and improves flexibility.
• Send a card, email, or visit a person you haven’t talked to in a while. Reconnect.
• Drink 8 glasses of water for 3 days in a row. Try replacing one of your cups of coffee or carbonated beverages with a glass of water.
• Ask friend or family member to join you on a walk or hike. Spend some quality bonding time outdoors enjoying nature.