

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

Department: \_\_\_\_\_

## Healthy Tulare County Week 2017

April 3-7, 2017

### TCOE Healthy BINGO

Count Carbs Women: 45-60 gm Men: 60-75 gm (gm = grams)	Start the day with a healthy breakfast	Eat 2 servings of vegetables today	Laugh out loud	Exercise for 20 minutes today
Eat 3 servings of fruit today	Use herbs, spices or citrus instead of salt	Walk on your break	Eat a healthy lunch	Skip all fast foods for 1 week
Have your blood pressure checked this week	Drink 8 glasses of water today	<b>Free</b>  <b>Space</b>	Replace your soda with water or green tea	Stretch for 5 minutes before bed and 5 more when you wake up
Skip all sugary snacks today	Complete the TCOE worksite wellness survey found at <a href="http://tcoe.org/wellness">tcoe.org/wellness</a>	Go to <a href="http://www.heart.org">www.heart.org</a> and choose a healthy recipe to make	Try an exercise today you have never done	Get a dose of sunlight today
Do 10 lunges on each leg. Modified lunges are acceptable, too!	Do something nice for someone today	Exercise for 30 minutes today	Encourage a friend to join you in a walk	Relax for 15 minutes today Have a 15-minute moment of Zen

Bingo cards must be returned to Travis Brown either by email ([tbrown@tcoe.org](mailto:tbrown@tcoe.org)), in person, or interoffice by Friday, April 7 at noon to qualify for the drawings.

**Tulare County**  
**Office of Education**

*Jim Vidak, County Superintendent of Schools*