

Name: _____

Department: _____

Healthy Tulare County Week 2018

TCOE Healthy BINGO

Trade the elevator for the stairs one day	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	Enjoy a moment of Zen read a book or listen to music	Walk on your break	Eat a healthy lunch	Skip all fast foods for 1 day
Have your blood pressure checked in 2018	Drink 8 glasses of water today	Free  Space	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	Attend the Healthy Tulare County Fair at Mooney or Doe	Eat a healthy dinner	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

Bingo cards must be turned in to Travis Brown either by email (tbrown@tcoe.org), in person, or interoffice by Friday, April 6 at noon to qualify for the drawings.

Tulare County
Office of Education

Jim Vidak, County Superintendent of Schools