

Name: _____

Department: _____

Healthy Tulare County Week 2019

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 2019	Drink 8 glasses of water today		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 events at Mooney or Doe campuses	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

To qualify for drawing prizes, bingo cards must be turned in by hand, interoffice mail, or email by:

Friday, April 5th at 4 pm

Mooney campus: Barbara Leal / barbaral@tcoe.org

Doe campus: Robyn Cooper / rcooper@tcoe.org

Tulare County
Office of Education

Tim A. Hire, County Superintendent of Schools