

# .infomedia **BINGO!** Health Edition

 Walk	 Skip Alcohol	 Pick Plants	 Find a Friend	 H2O
 Work Out	 Meal Prep	 Wall Sits	 10k Steps	 Skip Sweets
 Prep Snacks	 Learn	 Red square	 Desk Exercises	 No Soda
 H2O	 Destress	 Take Ten	 Stretch	 Pack Lunch
 Sleep	 Plank or Pushup	 New Recipe	 No Flour	 No Desk Lunch

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