


# July Wellness Bingo

Walk 15 minutes after a meal	Drink 8+ glasses of water	Learn something new from the SSHE website	Take the stairs instead of the elevator	Get sunlight for 10 minutes
Try a new vegetable	Set a health related goal for the month	Recycle your SSHE container	No caffeine for a day	Share a health tip with a friend
Choose a protein snack	Share your favorite meal with the SSHE community		Invite a friend to complete a task with you	Park farther away from your destination
Skip sugary drinks for the day	Walk a mile	Add fresh fruit to your day	Eat whole grains for the day	Walk around the block
Try a new dairy products	Eat all 3 SSHE meals for the day	Track how much water you drink for a day	Read a SSHE blog	Don't use the salt shaker all day