



Heart Healthy Bingo

Traditional risk factors for heart disease include: smoking, having high blood pressure, cholesterol, diabetes, & carrying extra weight. You can reduce risk factors by getting regular physical activity & choosing a healthy diet! Complete as many activities as you can (in no order) in Feb. & be entered to win prizes from the Kiernan Center, including Gally Gold! Self report at the Kiernan Front desk, or follow us on Instagram & participate on social media, & comment when you complete each task! We'll track participation for you!



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Walk/run for 20 min.	Eat 2-3 servings of fruits for 5 days	Take 3 different-group fitness classes	Avoid fried foods for one week, when possible	Do 25 jumping jaks every-day for 1 week	Avoid sugar for one week	Take the stairs everywhere for 1 day	Eat 3-4 servings of veggies for 5 days	Stretch 5 min. daily for 1 week	Plank during commercial breaks
Snack on cashews for 1 day	Exercise at 135 BPM for 30 min 3 times	Sleep more than 7hrs 3 nights	Park in the farthest spot today	FREE SPACE	Drink 64 OZ of water every day 1	Limit alcohol intake for 1 week	Do 10 push-ups every day for 1 week	Cut out baked goods for 1 week	Cut screens out for one day
Increase your weights 2x	Avoid takeout for 1 week	Try a new fitness routine	Choose the healthiest menu item	Do 10 burpees every day for 1 week	Learn compression only CPR	Choose healthy snacks for 3 days	Sit & breathe daily 5 min. 1	Avoid red meat for 1 week	FREE SPACE