

Healthy Holiday Bingo

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| Eat Meal Slowly | Exercise with a Friend | Drink 8 glasses of water in one day | Get 8 hours of sleep | Do 15 Chair squats at home |
| Take a 20 minute power nap | Go one full day without drinking soda | “Like” XO Fitness On Facebook (if you all ready do, then you get this square!) | Go “Meatless” for one whole day | Eat 5 servings of fruit/vegetables in one day |
| Visit XO’s exercise blog and try a “Two for You” video | Eat 3 serving of beans (legumes) in one day |  | Take a 30 minute walk (indoors or out!) | Take a break from your desk to stretch shoulders and chest |
| Use a piece of cardio equipment you usually don’t use for 5 minutes | Get 8 hours of sleep 2 nights in a row | Spend 5 minutes meditating | Eat a fruit or vegetable with each meal | Do 10 step-ups on each leg at home |
| Do 10 push-ups (any style) and 10 bridges at home | Bring a healthy dish to a holiday get-together | Eat a breakfast which includes at least 10 g of protein | Get up and move for at least 5 minutes of each hour (not sitting) | Relax and drink a cup of tea |

What you need to do:

- Achievers: Complete one horizontal, vertical or diagonal to score BINGO in one week.
- Over-achievers: Black out the BINGO card in one week.
- Return your completed BINGO card by Saturday December 2nd you can drop it of or email it to us (scan or take a picture)

There will be a New HEALTHY HOLIDAY BINGO sheet *every* week, so be sure to pick one up at the front desk or print one from our newsletter. If you have any questions about what is required to complete any of the squares contact karin@xofitness.com.