

Healthy Holiday Bingo

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.