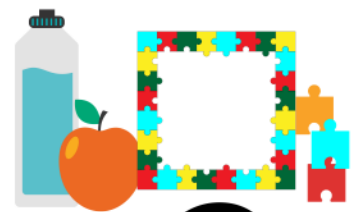




Healthy Habits



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Get up to date with health checkups

Check in with your mood

Make healthy food choices

Practice or learn some yoga

Reconnect with your hobbies

Take in some nature

Try a new activity

Do some cardio exercise

Talk to a friend or family member

Focus on the present moment

Go for a walk or do a seated walking workout

Declutter your space

Check in with your breathing

Practice or learn some core exercises

Check in with your posture

Name 3 things you are grateful for

Stay hydrated

Do something creative

Listen to music

Learn some strength training exercises

Take 3 deep breaths

Practice or learn some leg exercises

Do a brain game or puzzle

Make a plan for regular exercise

Practice or learn some arm exercises