

Indiana 4-H Wellness Bingo

Stay active and balanced with these #4HHealthyLiving activities!
Show us what you're up to by sharing photos on social media
and tagging @indiana4h!

B	A	L	A	N	C	E
Do 3 sets of 10 commando push-ups	Take a MyPlate quiz!	Stretch and move for 5 minutes every hour	Write an encouraging note to someone	Share a photo of your balanced breakfast on social media #Indiana4H	Make a list of your positive attributes	Go ice skating or sledding
Work on a jigsaw puzzle or play a board game with someone	Post a photo of your water bottle on social media #indiana4h	Try a tricep workout Click here	For 15 minutes, read something you enjoy	Reduce stress or anxiety with deep breathing	Cook a popular dish of a culture different than your own for dinner	Take the stairs instead of the elevator
Take time to make your bed today	Make somebody smile today	Do sit ups for one minute. How many can you do?	Post an old photo and share a favorite memory #Indiana4H	Avoid beverages with added sugar	Try 30 seconds of mountain climbers Here's how	Pack your favorite raw veggies and dip as a snack today
Make your plate colorful! Incorporate at least 3 different colors into a meal	Try a recipe with beans in it	Do 15 jump squats Here's How		Wake up in the morning by listening to music that motivates you	Do 10 minutes of stretching	Do a good deed – expect nothing in return
Spend time petting or visiting an animal	Jog in place during commercials while watching TV	Learn about the Nutrition Facts Label	Set some goals for the upcoming week	Share a photo of your afterdinner walk #Indiana4H	Consume 3 servings of dairy today	Do 3 sets of 10 lunges. Here's how
Share your favorite recipe on social media #Indiana4H	Get moving! Aim for 10,000 steps today	Brush your teeth for 2 minutes. Don't forget to floss!	Help your parents with a chore	Hydrate with at least 64 oz. of water today	Take a walk after lunch	Watch the sunrise or sunset
Try an abdominal workout at home	Enjoy a piece of fruit as a healthy snack	Do 50 jumping jacks	Reconnect with family dinner. No electronic devices	Do 3 sets of 10 bicep curls Here's how	Get a good night's sleep	Tell someone special what you love about them