



BINGO

<p>Attend <u>"Posture Power: The Role of Desk Exercises in Core and Glute Health"</u> webinar</p>	<p>Register on the <u>Virtual health fair website</u></p>	<p>Track your water intake each day. Drink half your weight in ounces!</p>	<p>Try a new recipe this week. Need ideas? <u>Check this out!</u></p>
<p>Try <u>one of these</u> breathing techniques to relieve stress!</p>	<p>Attend <u>"Mason Jar Magic: Easy, Healthy Meals on the Go"</u> live webinar</p>	<p><u>Visit the Lobby Page</u> to get started!</p>	<p>Try a new book! Read a new book or listen to a new audiobook every day this week.</p>
<p>Visit the <u>LifeSpeak Vendor Booth</u></p>	<p>Commit to no screen time for 60 minutes before bedtime!</p>	<p>Attend <u>"Breaking the Burnout Cycle: Strategies for Managing Stress and Preventing Burnout*"</u> live webinar</p>	<p><u>Check Out the Swag Page!</u></p>
<p>Walk at least 10,000 steps one of the days this week. Curious why this number matters? Read about it <u>here!</u></p>	<p>Complete a <u>5-minute meditation</u> each day of the week.</p>	<p>Journal at least 2 times this week. Write down 3 things you are grateful for. Why does journaling matter? Check it out <u>here!</u></p>	<p>Visit the <u>Personify Health Vendor Booth</u></p>