



CCM Health's Cardiology Department Presents:

HEART HEALTH BINGO

Focus on your health while having some fun!

H E A R T

Exercise for 150 minutes for 1 week	Eat 2 servings of fruit per day for 1 week	Write down 3 things you are grateful for 3 times this month	Read a food label & compare the sodium content of your 3 favorite foods	Don't use the salt shaker all month
Log what you eat & drink for 1 week	Park as far away from the door as possible all month	Eat 3 servings of veggies every day for the week	Check your blood pressure ____ / ____ weekly Goal < 130/80	Avoid alcohol for 5 days
Avoid sweets for 1 week	No social media for 3 consecutive days		HYDRATE Drink 64 oz per day of water for 1 week	Get at least 7-9 hours of sleep 3 times a week
Eat 75 grams of protein for 5 days	Stress Relief Techniques: Yoga or meditate 3 times this month	Avoid snacking after 7pm during the challenge	Incorporate strength training 3 times a week	Walk 10,000 steps daily 3 times a week
Eat 1 serving of fish twice this month	Incorporate a healthy fat into 3 meals Ex: avocado, eggs, nuts, seeds, fish, etc.	No Take Out or Fast Food for 2 weeks	Try a handful of unsalted nuts as a snack	No caffeine for 2 days during the challenge

Please turn your completed HEART card in at CCM Health's Patient Registration desk or at CCM Wellness Center's Member Services desk in Montevideo by **Friday, February 28, 2025 to be entered in the drawing.**

NAME: _____ PHONE: _____