



CCM Health's Cardiology Department Presents:

# HEART HEALTH BINGO

Focus on your health while having some fun!

# H E A R T

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

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 Noon on **Saturday, February 28, 2026 to be entered in the drawing.**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_