



Get Fit Bingo



Play Get Fit BINGO for an opportunity to win great prizes. **Bingo dates: March 9-16.** This is Blackout Bingo. Clearly mark off each square as you complete it. Every square on the card must be crossed off in order to qualify for prizes.

BINGO Cards must be received at United Way no later than **12:00 pm February 17th** to be entered into drawing. You can fax your Bingo card to United Way at [437-7392](tel:437-7392) or mail to United Way of Mower County, 301 North Main St. PO Box 605, Austin, MN 55912. Clearly print your name and number below. Winner will be announced on KAUS Get Fit Radio Show Thursday Mar 18th at 10:30.

Name: _____

Contact Number: _____

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Eat 3 dairy products a day for 3 days this week	Walk/run a 1/2 mile outside this week	Drink 8 glasses of water a day 4 days this week	No soda 3 days this week	Eat 4 different whole grains 3 days this week.
Strength train for 30 minutes 4 times this week	Convert a favorite recipe to a healthy recipe. www.	Do a series of weight exercises during commercial break of your favorite show	Park as far away as you can in every lot you're in all week.	Take your kids or a friend outside to some activity.
Eat any combination of 5-9 fruits & vegetables every day this week.	Substitute whole wheat for white in your bread or pasta this week	FREE SPACE	Eat a new fruit or vegetable 2x this week. Recipe ideas at www.hy-vee.com	Drink tea instead of coffee 5 days this week. Tea has many health benefits
Exercise for 30 minutes today	Do a cardio workout for 45 minutes 3 times this week	Walk during break &/or lunch 3x this week. It's exercise and counts as points.	Watch 60 minutes or less of TV 4 days this week.	Eat slower. You will fill up before you food is gone.
Use portion control when eating this week. See website for guidelines. www.uwmower.org	Set a goal now that mid point is over... to finish strong, to eat better, to get out more, etc.	Continue to stretch and deskercise at your desk all week. See tips on our website	Perform a random act of kindness	Drink a glass of water before at least one meal to help you eat less and be healthier