



LIVE YOUR BEST YOU.

<b>B I N G O</b>				
<b>1.</b> Track Your Steps	<b>2.</b> Schedule a free health screening	<b>3.</b> Visit your campus or community garden	<b>4.</b> Relax	<b>5.</b> Keep a food journal for a week
<b>6.</b> Create a comfortable, safe work environment	<b>7.</b> <b>YOU PICK</b>	<b>8.</b> Healthy IU online classes	<b>9.</b> Try a standing or walking meeting	<b>10.</b> Use an on-campus blood pressure machine
<b>11.</b> One-on-one nutritional counseling session	<b>12.</b> Take the stairs or the long way for a week	<b>13.</b> Dance when no one is watching	<b>14.</b> Get 8 hours of sleep	<b>15.</b> Prepare a healthy plate
<b>16.</b> Do a random act of kindness	<b>17.</b> Get up and get movin' every hour	<b>18.</b> Drink water	<b>19.</b> <b>YOU PICK</b>	<b>20.</b> Try stretching daily for a week
<b>21.</b> Send a note of gratitude	<b>22.</b> Try one screen-free evening	<b>23.</b> Try 2-3 Simple, Seasonal, Sustainable Recipes	<b>24.</b> Do a random act of kindness for yourself	<b>25.</b> Visit your local farmers market or u-pick farm

**Helpful links provided on next page!**

\*When you've completed the challenge, tell us about your experience to receive a Healthy IU incentive!\*  
Visit [go.iu.edu/summer-challenge](https://go.iu.edu/summer-challenge) for details.

# BINGO!

## Helpful links

1. **Track your Steps or Minutes:** Set a personal goal of how many steps or time want to walk per day, for a period of 4 weeks. [Tracking your steps or time](#). Setting realistic and achievable goals help you “stick to it”. For example, if you typically walk about 2,000 steps per day a realistic goal may be 2,500 to 4,000 steps per day. If you prefer, gather a [team](#) and track your progress together.
2. **Free Health Screening:** All full-time IU faculty and staff and their spouses/partners on an IU medical plan are eligible to receive an annual free health screening with \$100 (before tax) incentive. The health-screening consists of blood pressure, total cholesterol, HDL cholesterol, calculated LDL cholesterol, triglycerides, glucose, height, weight, and body mass index.
3. **Check Out Your Campus or Community Garden** – better yet volunteer! [IUPUI](#), [IUB](#), [IUSB](#), [IUN](#), [IUK](#), [IUE](#), [IUS](#)
4. **Relax with a short, guided meditations.** It can offer a much needed break and help you stay focused and calm throughout your day
5. **Keep a food journal for a week:** Keeping a food journal instantly increases your awareness of what, how much, and why you are eating. Food journals also help people identify areas where they can make changes that will help them lose weight and/or eat healthier. Be sure to include snacks and beverages. You decide how detailed your journal will be.
6. **[Create a comfortable, safe working environment.](#)**
7. **YOU PICK:** You pick a personal goal for yourself to complete. This can be anything from riding your bike to work one day, to giving up soda for a week, to getting a flu shot or reviewing your health plan benefits. You pick and write down what you did on your bingo sheet.
8. **Healthy IU online classes:** Healthy IU has a number of recorded classes aimed at improving your health, whether it's good sleep habits, workstation movements or feeding your flora view one to expand your understanding of YOU.
9. **Try a standing or [walking meeting](#):** More tips for healthy meetings are [available here](#).
10. **Use the [Self-Monitoring Blood Pressure machine on your campus](#):** Use this [campus map](#) to locate and find a Self-Monitoring Blood Pressure Machine to take your blood pressure.
11. **Schedule an Individual Nutritional Counseling Session:** Sessions last approximately one hour. E-mail or call to schedule an appointment. If you have questions about foods, we have the answer. Our wonderful registered dietitian can help you eat healthier and address questions you may have about digestion, gut bacteria, blood pressure, cholesterol, vegan and vegetarian diets, protein, weight loss, and more. One-on-one nutritional counseling is free for employees by appointment. E-mail [askanrd@indiana.edu](mailto:askanrd@indiana.edu) or call 812-855-4948.

12. **Take the stairs and skip the elevator!** If you're unable to take the stairs, take the long way on trips around the office to get even more physical activity.
13. **Dance when no one is watching!** Everyone is a good dancer. 😊
14. **Get 8 hours of sleep.** [Learn why sleep is so important](#) for our physical and mental wellbeing!
15. **Prepare a healthy plate:** Chose a plate with your goals in mind and create a delicious, balanced meal—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!
16. **Do a random act of kindness.** [Here are some ideas!](#)
17. **Get up every hour:** Getting up and walking for two minutes every hour could help reverse the negative health effects from prolonged sitting. Try it for one week. Drinking a lot of water will help you achieve this task 😊
18. **Drink water:** Water is essential to good health, yet needs vary by individual. [Check out these guidelines to help ensure you drink enough fluids.](#)
19. **YOU PICK:** You pick a personal goal for yourself to complete. This can be anything from riding your bike to work one day, to giving up soda for a week, to getting a flu shot or reviewing your health plan benefits. You pick and write down what you did on your bingo sheet.
20. **Week of stretching:** Take a daily stretch break. These [8 Feel Great Movements You Can Do Anywhere](#) can make your job easier on your body and mind.
21. **Send a note of gratitude.** Did you know gratitude makes you happy?
22. **Try one screen-free evening.** Can you make it one night with your television, computer, tablet, or phone?
23. **[Try 2-3 Simple, Seasonal, Sustainable Recipes.](#)**
24. **Do a random act of kindness for yourself.** What are you needing today? [Self-compassion](#) is so important!
25. **Visit your local farmers market or u-pick farm.** Here's a [list of farmers markets](#) in Indiana.