

# HEALTHY FOR GOOD BINGO

EAT SMART	ADD COLOR	DO SOMETHING HEALTHY	MOVE MORE	BE WELL
TRADE WHITE BREAD FOR WHOLE GRAIN	TRY A NEW FRUIT OR VEGGIE	BAKE OR SAUTÉ YOUR DINNER	TAKE A 10-MINUTE WALK	GO TO SLEEP EARLY TONIGHT
COOK WITH A HEALTHY OIL	SNACK ON AN APPLE	TAKE VEGGIES TO WORK	GO #HEARTWALKING AND POST ABOUT IT	BREATHE DEEPLY
EAT HALF NOW, TAKE HALF HOME	TRADE YOUR FRIES FOR SOME FRUIT	SIGN UP FOR HEALTH HACKS	TAKE A DANCE BREAK	PRACTICE MINDFULNESS
SNACK ON A HANDFUL OF NUTS	SNEAK VEGGIES INTO A FAMILY FAVORITE	TRY A FUN GROUP WORKOUT	DO SOME JUMPING JACKS	CONNECT WITH A FRIEND
SWAP SODA FOR WATER	ADD COLOR THREE MEALS IN A ROW	LET YOURSELF LAUGH TODAY	WALK THE DOG	DO SOMETHING JUST FOR YOU

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