MUSHKEGOWUK HEALTH

MUSHKEGOWUK COUNCIL

HABIT STACKING

BINGO

Finish one full line (horizontal, vertical or diagonal) to get a BINGO.
Submit a photo of you completing the activities to
mocwalk@mushkegowuk.ca by 11:59 PM Monday, July 6th.

Go 24 hours without a cigarette	Movement after supper	Try a new fruit or vegetable	Practice deep breathing	Exercise with a friend
Prepare a healthy meal or snack	Try a new exercise or sport	Try a Yoga class on Youtube	Water your garden/ flowers	Check your blood pressure
Do 10 minutes of stretching	Eat more fibre rich foods	FREE SPACE!	Go swimming with your family	eat a low glycemic index grain*
Focus on good posture	Eat 5 fruits and vegetables today	Do 25 squats in one day	Drink 8-10 cups of water today	Have your morning coffee outside
Do 15 pushups	Attend a fitness class	Take the stairs	Eat a high protein meal	Check your blood sugar

*Some examples of low glycemic index grains include: steel-cut or rolled oats, quinoa, barley, wild rice, or sourdough bread.