

## BINGO Card Instructions:

Fill in the following for each person participating:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City/Zipcode: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Complete **20 squares** then submit your card along with the above information by **March 1, 2021** to:

**The Kewaunee County Public Health Department**

**Attn: Rachel Bauer**

**810 Lincoln Street**

**Kewaunee, WI 54216**

You may mail the BINGO Card or drop it off in person. You can also email it to

[bauer.rachel@kewauneeco.org](mailto:bauer.rachel@kewauneeco.org)

**Each person who participates will be placed in a drawing for some fantastic prizes**, which may include: \$50 gas cards, free monthly membership to Kewaunee Health and Fitness Center, gift cards to local businesses, and more!

Any age is able to participate. The BINGO squares are geared toward adult recommendations.

Below are the modifications to certain squares for children:

1. **Try a new recipe today:** try a new recipe and let your child participate.
2. **Drink 8 glasses of water today and avoid sugary drinks:** (kids) drink 4-6 glasses of water today and avoid sugary drinks.
3. **Eat 5 servings of fruits and vegetables today:** (kids) eat 4 half cup servings of fruits and vegetables today.
4. **Get 30 minutes of cardio exercise today:** (kids) get 30 minutes of heart pumping activity today like running, jumping, skipping, dancing, riding a bike, fast walking, or do a fun video work out with a family member.
5. **Get your heart rate up with 20 min of cardio exercise:** (kids) get your heart rate up with 20 minutes of heart pumping activity as described above.
6. **Perform at least four muscle-strengthening exercises 3x per week:** (kids) Perform muscle and bone-strengthening activity-climbing, push-ups, running, and jumping *AS PART OF* your daily activity 3 days this week.
7. **Drink 8 glasses of water each day for a week:** (kids) Drink 4-6 glasses of water each day for a week.

**We hope these activities help you get 2021 off to a great and healthy start!**