

BINGO Instructions:

- Any age may participate.
- Complete 15 squares of your choice from August 1st through August 31st.
- Cross off the squares that you completed. (Please do this for each person participating).
- **All cards must be turned in by September 10th.**

- Fill in the following for each person participating:
Name: _____ Age: _____
Parent or Guardian Name (if applicable): _____
Address: _____ (City/ Zip Code: _____)
Phone Number: _____ Email: _____

- Complete 15 squares by August 31st. Submit your card along with the above information 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
ALL CARDS MUST BE RECEIVED BY SEPTEMBER 10, 2021

**Each person who participates will be placed in
a drawing for prizes!**

GET



HEALTHY

**KEWAUNEE
COUNTY**



BINGO CHALLENGE

Go swimming at the Kewaunee or Algoma Crescent Beach.

Complete the new walking loop at Bruemmer Park.

Drink 8 glasses of water today and avoid sugary drinks.

Eat 5- ½ cup servings of fruits and veggies today. (Kids 4 servings)

Check this box if you exercised 150 minutes this week.

Ride your bike for 45 minutes today.

Try a new healthy recipe today.

Do 15 minutes of stretching 3 times this week.

Visit Algoma Crescent Beach and briskly walk or jog on the boardwalk.

Try having fruit in place of dessert 3 days this week.

Visit a local farmer's market or stand and enjoy fresh produce with your meal.

Reduce screen time to 2 hours or less per day for 3 days.

Donate a healthy item to your local food pantry.

Walk the walking trail or ride the mountain bike trail at Ryan Park in Kewaunee.

Go on a picnic, pack a healthy meal. Avoid chips and sugary drinks. Pack fruits and veggies.

Make half of your grains whole grains today.

Play a game of volleyball at the Kewaunee beach. Use a beach ball for more fun.

Eat 3 different colored vegetables today.

Try to get 25 grams of fiber today. Kids try getting 12 grams.

Make a healthy breakfast smoothie using fruits and vegetables.

Avoid tobacco today (free space if you are not a tobacco user).

Take a 60 min walk or bike ride on the Ahnapee State Trail.

Do a 30 minute work out of your choice today.

Turn off social media today and read a book.

Get your steps in by participating in the Algoma Shanty Days 5 K Run/Walk.

From 8/01/21 to 8/31/21 complete and cross of 15 squares of your choice. Fill out the information on the back of this BINGO card and mail it to: The Kewaunee County Public Health Department, 810 Lincoln Street, Kewaunee, WI OR email it to bauer.rachel@kewauneeco.org. All cards must be received by September 10, 2021 to qualify for prizes.