



# Healthy You BINGO Challenge

A Four-Week Challenge



Arthur J. Gallagher & Co.

# Healthy You BINGO Challenge



## Information For Employers

### How To Use the Healthy You BINGO Challenge

Healthy You BINGO Challenge is a 4-week workplace challenge to engage employees in daily healthy activities

- How it works
  - Each week, employees will track their healthy activities on a BINGO card by crossing out squares for each activity completed
  - Employees that cross out squares in a horizontal, vertical, or diagonal line (just like traditional BINGO) will submit their BINGO card for a WIN
  - New cards are given out each week for 4 weeks

# Healthy You BINGO Challenge



## Challenge Preparation for Employer

- Pick a coordinator or coordinators to oversee the challenge
- Select a starting and ending date for the challenge – include 4 full weeks
- Select a kickoff event date if so desired
- Create signup sheet for registration
- Determine who is eligible to participate (i.e. employees, spouses, family members)
- Select an incentive structure, if any (i.e. a weekly prize for each participant, weekly drawing for a group prize, drawing at the end of the 4-week challenge)
- Select types of incentives, if any (i.e. water bottle, t-shirt, wearable fitness tracking device, gift card, free lunch)
- Decide if any additional events will occur during the challenge timeframe (i.e. company walks, lunch and learns, sponsored lunches or treats)
- Determine how the challenge will be promoted (i.e. posters, emails, mailing home, meeting announcements)

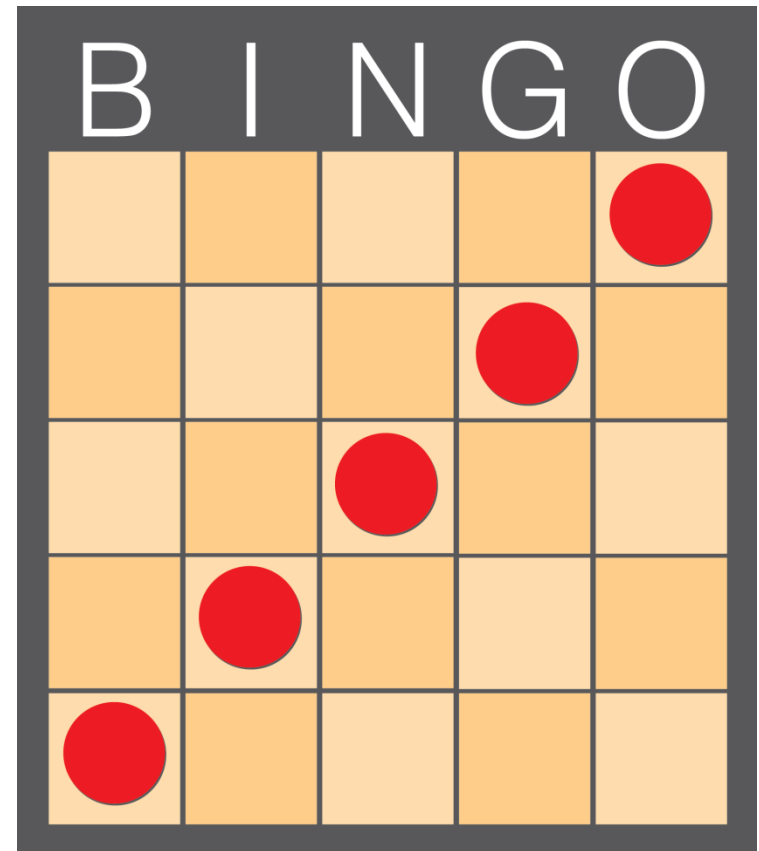
# Healthy You BINGO Challenge



## During the 4-Week Challenge

### Each Week

- Send out the new weekly BINGO card
- Provide the supplemental newsletter that goes with the BINGO card
- Collect the previous week's BINGO cards and report on the week's winner



# Healthy You BINGO Challenge



## Information For Challenge Participants

### How To Use the Healthy You BINGO Challenge

Healthy You BINGO Challenge is a 4-week challenge to engage everyone in daily healthy activities

- How it works
  - Each week, you will track your healthy activities on a BINGO card by crossing out squares for each activity completed
  - If you cross out squares in a horizontal, vertical, or diagonal line (just like traditional BINGO) you will submit your BINGO card for a WIN
  - New cards are given out each week for 4 weeks

# Healthy You BINGO Challenge



## Take time for you. Join in the challenge.

- Healthy You BINGO starts \_\_\_\_\_{insert date}\_\_\_\_\_
- Each week track your healthy activities on the week's BINGO card. Turn in your card to be entered into the weekly drawing – 4 winners will be drawn each week
- PLUS – a grand prize drawing will take place at the end of the challenge. **The more BINGO cards you turn in, the more chances you have to win**
- For more information and to sign up \_\_\_\_\_{enter instructions}

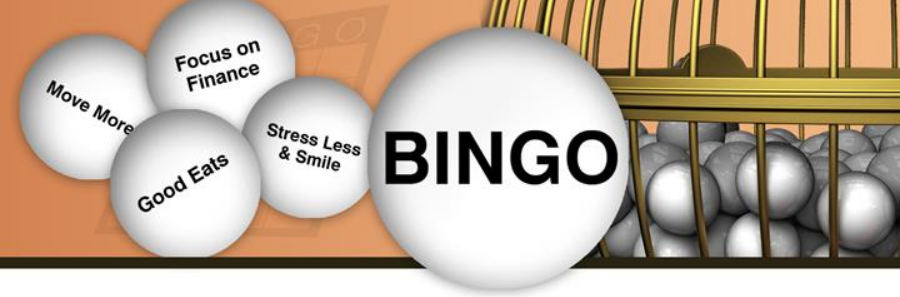
# Healthy You BINGO Challenge



## Instructions

- Starting \_\_\_{insert date}\_\_\_, you will receive a Healthy You BINGO card. You will receive a different card each week for 4 weeks
- For each activity you complete during the week, you will cross it off on your BINGO card
- Just like in traditional BINGO – you are trying to achieve 5 in a row horizontally, vertically, or diagonally for BINGO
- If you achieve BINGO on your card for the week, write your name on the card and turn it in to \_\_\_\_\_{insert name & contact}\_\_\_\_\_ prior to Friday at 5:00 p.m.
- Have fun trying new Healthy You activities

# Healthy You BINGO Challenge



## Week 1 | Move More

Employee Name: \_\_\_\_\_

Take the stairs instead of the elevator	Turn on your favorite music and dance for 10 minutes	Attend a yoga class	Go for a walk at lunch time	Stretch in the middle of the day
Try a new physical activity	Exercise doing something FUN!	Stretch in the morning	Run in place for 10 seconds, pause for 5 seconds and repeat 3 times	Do sit-ups or pushups during all of the commercial breaks of your favorite TV show
Stretch in the evening	Go up and down a flight of stairs 5 times in a row	Balance on 1 foot while you brush your teeth	Attend a fitness class	Do enough physical activity to sweat today
Walk somewhere that you normally drive	Try a sport you have never tried before	Participate in a physical activity outside	Exercise with a friend	Park in a spot farthest from the door
Try out a new piece of fitness equipment at home or at the gym	During a break time at work, stay moving – don't sit	Go for a walk with a family member	Perform a strength training exercise	Do 10 jumping jacks in the middle of the day



# Healthy You BINGO Challenge



## Week 2 | Focus on Finance

Employee Name: \_\_\_\_\_

Use 5 coupons at the grocery store	Compare auto insurance rates	Donate items you don't use anymore and get a receipt for your taxes	Collect all of your loose change in a jar	Avoid impulse buys – wait a day before you make a decision to make a big purchase
Find out the interest rates on each of your credit cards	Set a savings goal and a plan to achieve it	Open or contribute to a college savings account for a child in your life	Find an expense you can cut out or decrease	Meet with a financial advisor
Find the cheapest gas and fill up	Talk to your kids about saving	Pay cash for all of your purchases this week	Make your lunch instead of going out	Compare cable providers
Plan a make at home menu for the week to avoid going out to eat	Skip your coffee shop coffee for the week and save the money	Make a grocery list before shopping and stick to it	Find a budget tracking app to use on your phone	Write down your purchases for the week to keep track
Make an extra credit card payment	Increase your retirement plan contribution	Use a retirement planning calculator to determine your savings goals	Set-up a monthly automatic transfer from your checking to your savings	Evaluate your spending: what are the top 5 categories with the highest spend

# Healthy You BINGO Challenge



## Week 3 | Stress Less & Smile

Employee Name: \_\_\_\_\_

Take a walk outside and just focus on the nature around you	Count the number of times you hear yourself or others laugh today	Stop yourself from saying something negative	Hold the door for someone	Take a deep breath when you wake up and appreciate the day ahead
Get at least 7 hours of sleep every night this week	Invite a co-worker to lunch and don't talk about work	Leave a thank you for your garbage collector or your mail person	Have an electronics free night at home	Think of 5 things for which you are grateful
Play a board game	Ask someone what the best part of their day has been	Smile at a stranger each day this week	Call a friend and tell them to have a great day	Keep a positive attitude today all day
Call someone you haven't talked to in a while	Read a book for 20 minutes	Plan a dinner party or gathering with friends	Reminisce with a friend about a fun adventure in your past	Read a funny joke and share it with a friend
Breath in for 4 counts, hold for 4 counts, and breath out for 4 counts – repeat 4 times	Tell a coworker what they do well and thank them	Put fresh flowers on your desk and someone else's desk	Take 10 minutes today to be quiet and relax	Spend 30 minutes decluttering your desk or a space at home today

# Healthy You BINGO Challenge



## Week 4 | Good Eats

Employee Name: \_\_\_\_\_

Have a "no junk food" day	Drink 32oz of water every day this week	Look up the nutritional content of your favorite foods at restaurants	Eat a piece of fruit as your "something sweet" today	Count the grams of added sugar you eat today – keep it below 30 grams
Find a new blog with healthy recipe ideas	Order a side salad instead of fries or chips	Sit and eat slowly with no electronic distractions. Be grateful for your food	Eat 6 vegetables today – one of each color of the rainbow	Drink a glass of water before and after any other beverage you drink today
Try a new fruit or vegetable	Look at the ingredient list of a packaged food you buy – learn about each of the ingredients	Enjoy a healthy meal with a friend	Purchase a new water bottle to keep at your desk	Bring a healthy snack to share at work today
Eat breakfast every day this week	Keep a food journal this week. Track what you eat and when you eat it – look for trends	Pack a healthy lunch to bring to work today	Eat only fresh foods today – avoid all boxed, packaged or processed foods	Try a new spice when cooking like ginger, turmeric, or cayenne pepper
Have a soda free week	Find an app to help you track your healthy eating habits	Make each plate of food you eat today 50% or more vegetables	Try a new healthy recipe	Find a local food source – like a farmers market – to shop at