

Journey to Wellness — A free self-guided healthy living program

# Heart health BINGO

Thank you for taking steps to become or stay heart healthy. This activity will motivate you to make heart-healthy choices. This month, complete activities using the board below to get a BINGO (a completed horizontal, vertical or diagonal line). **Want a greater challenge? Try for a total blackout.**

B	I	N	G	O
Tobacco increases your risk for heart disease. If you smoke, vape or use chewing tobacco, <a href="#">today's a good day to quit</a> .	<a href="#">Volunteer</a> — it is good for your heart.	Make a date with a family member, friend or co-worker to take a walk.	Add an extra vegetable to each meal every day for a week.	Reduce the amount of <a href="#">sugar you get through drinks</a> .
Did you know <a href="#">sitting has become the new smoking</a> ? Set a reminder each hour to get up and move your body.	Go meatless on Mondays this month.	Know your numbers: <a href="#">high blood pressure and cholesterol</a> are risk factors for heart disease. Get yours checked.	Get your zzzzzz. Aim for 7–9 hours of sleep each night. Turn off electronics one hour before bed each night for a week.	Try a healthy fat, such as avocado, olive oil or fish.
Spend more time <a href="#">shopping the perimeter</a> this week and less time on the inside aisles.	Bring on the beans. Eat a <a href="#">heart healthy meal</a> that includes beans.	<b>FREE</b>	Get up to speed with safety for <a href="#">exercising outdoors in the winter</a> .	Try <a href="#">meditation</a> .
Try a <a href="#">smoothie</a> for breakfast.	Kindness can decrease blood pressure and cortisol — a stress hormone that directly affects stress levels. <a href="#">Do an act of kindness</a> each day for a week.	The Dietary Approaches to Stop Hypertension (DASH) eating plan can lower or control high blood pressure. <a href="#">Try three days of DASH menus</a> .	Start exercising, eating healthier or making time for yourself. Set <a href="#">SMART goals</a> to position yourself for success.	Bump up your steps. Take the stairs or park further from the building when possible.
Send a card or note to someone you love.	Get motivated to make a change. <a href="#">Start by asking yourself these questions</a> .	Make the switch to low fat or fat free milk and other dairy products.	Determine if you're at a healthy weight. <a href="#">Enter this information</a> to calculate your body mass index, or BMI.	Make a batch of <a href="#">six-grain hot cereal</a> to eat for the week. Top with fruit or yogurt to add natural sweetness.

Print this sheet or save it to your desktop for digital tracking. Click on the blue words to learn more about the topic.

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