

# New Year Bingo Challenge

There's a lot to enjoy about the holiday season — spending time with family and friends, eating holiday meals and relaxing. But sometimes the holidays can make us move our health and well-being to the bottom of our priority list.

To continue our good habits and stay healthy through the holidays and into the new year, try to complete as many BINGOs in the next two weeks as you can.

## Instructions:

Complete five activities in a row (vertically, horizontally or diagonally) to win a BINGO!

<b>Movement</b>	Do an outdoor activity with family/friends	Find a new walking/hiking trail	Make your own bodyweight workout	Stretch for 10 minutes	Put your workouts into your schedule
<b>Nutrition</b>	Add a fruit or vegetable to a meal	Practice mindful eating	Drink a glass of water between each holiday drink	Bring the healthier option to the next party	Stop eating when you are 80% full
<b>Sleep</b>	Turn off electronics 1 hour before bed	Keep regular bedtime and wake-up time	<b>FREE</b>	Incorporate relaxing activity before bed	Avoid big meals 3 hours before bedtime
<b>Mindset</b>	Practice self-care	Write down 3 things you are grateful for	Try a new craft	Practice meditation for 5 minutes	Reflect on the good things of last year
<b>Social &amp; Financial</b>	Start a new year tradition with others	Play a game with your friends and/or family	Set a financial goal for the new year	Volunteer or donate to a charity	Connect with friends and/or family virtually

## Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

[modahealth.com](http://modahealth.com)

